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# HIGHTIMES

September 488

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PSYCHEDELICS  
GO MAINSTREAM

## CANADA'S MONSTER POT FACTORY

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FOR LIFE

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HARVEST  
TWICE!

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Freak!**  
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**Richard  
Prince**

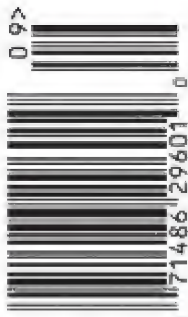
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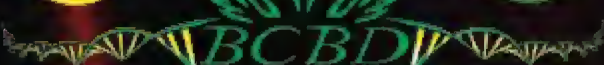
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# HIGH TIMES SEPTEMBER



*Tweed harvests well over 12,000 pounds annually, and today 125 people earn a regular paycheck from the company. Furthermore, these are local workers; nearly all live within a 15-mile radius of the plant.*

—*Tweeding The Garden*, page 45

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## 44 Tweeding the Garden

The largest producer of medical cannabis in Canada has set up shop in a former Hershey factory. The treats that now come forth from Tweed's facility are just as popular as chocolate. *By Dan Skye*

## 53 2016 S.T.A.S.H. Awards

Our picks for grow gear of the year, from lighting and nutrients to pest control and harvesting. Get the facts on all of the latest products that can lessen your workload while increasing your yields.

## 66 Cannabis Regeneration

Here's an innovative technique to keep your pot plants alive after you've finished flowering them. This excerpt from *Cannabis Regeneration* shows how to reuse the roots of your plants to reap more buds. *By JB Haze*

## 81 The Mainstreaming of Psychedelics

Recognition of the value of MDMA-assisted psychotherapy is finally seeping into the public consciousness. A look into the ongoing research using psychedelics as a treatment for PTSD and devastating anxiety heralds a whole new era of psychoactive healing. *By Natalie Ginsberg*

## 91 Microdosed

A first-person guide to the growing trend of microdosing, a way to enhance your quality of life with some DIY hallucinogenic therapy. *By Tommy Smith*

## 99 The High Times Interview: Peaches

We talk weed, women and song with the über-influential musician, performance artist and gender provocatrix. *By Amanda Duarte*



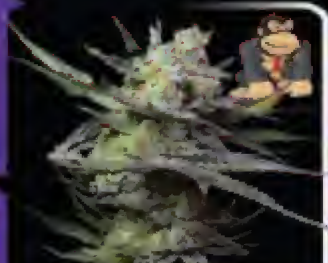
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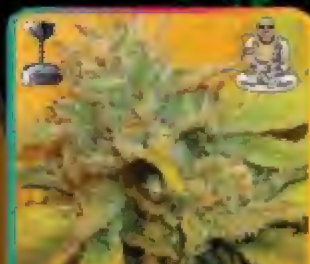
**CHEESE DAWG**



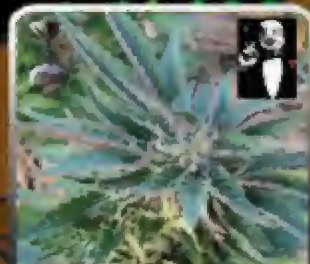
**Buddha Kush OG**



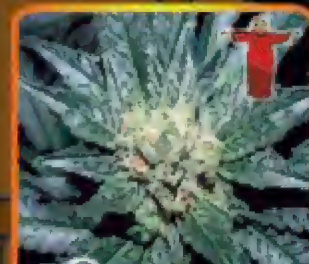
**SILVER CHEESE**



**LA CHEESE**



**Buddha Tahoe**



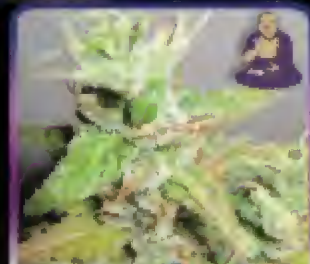
**cheesus**



**FREEZE CHEESE 89**

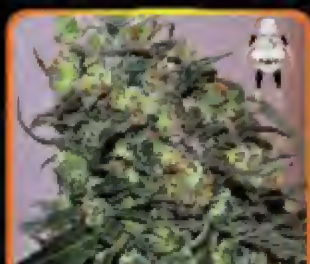


**BUBBLE CHEESE**

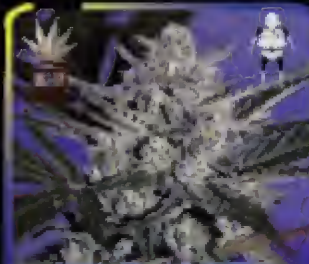


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karl\_kronic



## On Instagram

At first glance, this shot shook us up. We've seen some really resinous buds in our time. But never a nug naturally dappled with exquisite little pools of oil. Upon closer examination, it became evident that the photog (@karl\_kronic) likely applied BHO to this bud for artistic effect. But we still really want to smoke it!



Beak hard at work in the studio

## Glass Artist of the Month: Dave Buechner

Dave Buechner (Pronounced BEAK-ner) was born into a family of artists—including glassblowers, curators and painters—so no one was surprised when he said good-bye to college and caught the glass bug himself in 2007.

After several years of hopping between other people's studios and backyard sheds, Beak found a new home at Royal River Glass in Portland, ME, owned by Johanna Olivadot. There, he seized the opportunity to collaborate with and learn from some of Portland's finest glassblowers: Danny Camp, Ukiah, Will Stearns, Mr. Gray, KGB, Justin Barr and Marty Preston.

This supportive team helped Beak find his unique artistic perspective—a blend between classic shapes and funky natural elements like his signature honeycombs and bird skulls.

**Check out Dave's work on Instagram (@BeakGlass).**

## We Want To Hear From You!

Tweet your best high observations and comments our way @HIGH\_TIMES\_Mag for a chance to be featured on this page! And be sure to follow us on Facebook (Facebook/HIGHTIMES-Mag) and Instagram (@hightimesmagazine) for all the latest news as it's happening!

@CRLibertyTN - @HIGH\_TIMES\_Mag We need #Congress to pass meaningful #marijuana reform that ends the waste at every level and branch

@monkeymasuda - @HIGH\_TIMES\_Mag the @TrentonPoliceMi they be stealing from @NJweedman

@mysticoctopus - @HIGH\_TIMES\_Mag having sex high is the best way

@DaddyBUDsDooRag - @HIGH\_TIMES\_Mag I used to keep a slice of apple or a piece of orange peel in the jar. Keep an eye on it so it doesn't dry out or grow mold

@NamelessTruths - @HIGH\_TIMES\_Mag Cops are stealing from innocent people. Every occurrence is an injustice. #PutAStopToThis #PoliceThieves

@Raygorris - @HIGH\_TIMES\_Mag We need drug war reparations paid to families across New Orleans and the state!

@CannabisGB - @HIGH\_TIMES\_Mag #RadicalRant Dear Parents. Sugar is a drug, and a diabetes-causing, obesity-causing, cancer-causing, poison.

@BaBatmanMaMan - Damn girl. You're lookin sexy as hell. Does anyone else dirty talk their weed? @SilencedHippie @HIGH\_TIMES\_Mag

@scothinds - @HIGH\_TIMES\_Mag @DanSoder 8 grams a day keeps the petty away

@ChadFirkins - @HIGH\_TIMES\_Mag we need to "weed out" big pharma

## POT POLL

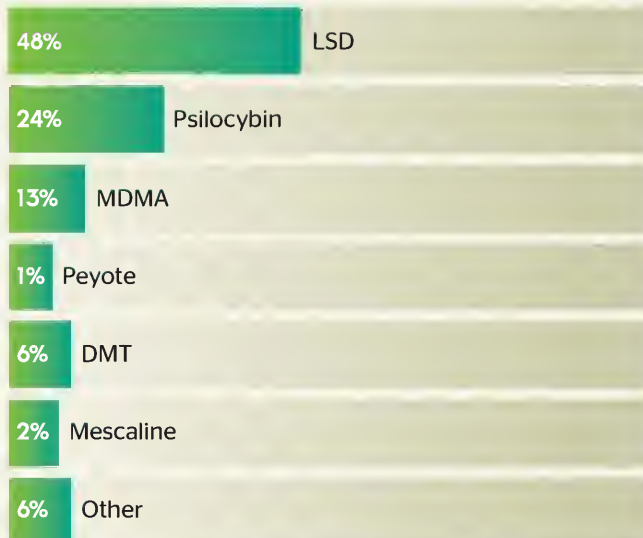
### What's Your Favorite Psychedelic?

In preparation for our psychedelic issue (which you have in your hands right now), we asked readers to pick their favorite substance for tripping. Psychedelics have played a large role in *High Times* history—in fact, the very first issue of *HT* in 1974 featured a woman in profile holding a mushroom.

While a lot has changed in the 42 years since that cover, *HT* readers still love their mind-expanding drugs. In the first week our poll was online it received over 4600 total votes.

Not surprisingly, LSD was the psychedelic of choice for our readers, taking 48 percent of the vote. Psilocybin—the psychedelic compound in mushrooms—finished second with 24 percent of the vote and the Ecstasy/Molly crowd made MDMA the third most popular psychedelic, with 13 percent.

**Cast your vote in our latest poll online!**






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# tuning in

**P**SYCHEDELICS HAVE SEEPED into mainstream consciousness in a big way. Recent studies have shown something many of us already know: LSD, psilocybin and other psychedelic substances have a viable therapeutic value. Magic mushroom was found to improve the mood of patients with terminal cancer, MDMA-assisted psychotherapy is being studied as treatment for post-traumatic stress disorder, and MRI images have revealed the impact LSD has on brain connectivity. The use of hallucinogens to boost creativity has even infiltrated corporate culture—innovative Silicon Valley entrepreneurs are ingesting small amounts of psychedelics into work. “Microdosed” (p. 91) is an excellent guide to this trend. In “The Mainstreaming of Psychedelics,” (p. 81) Natalie Lyla Ginsberg, policy director of the Multidisciplinary Association of Psychedelic Studies, explores research into the medical uses of MDMA. We profile filmmaker William Grealy and look back at the origins of the most famous LSD of all time, Orange Sunshine, in our Entertainment section—and check out tips on how to avoid a bad trip on acid or mushrooms on page 28. We also asked iconic performance artist and gender provocatrix Peaches how psychedelics changed her life—she reveals all in our feature interview!

And from our cultivation department, the hotly anticipated report on the best grow gear for cannabis novices and experts can be found in our annual S.T.A.S.H. awards (for Significant Technological Achievements in Secretive Horticulture).

In honor of this issue dedicated to “turning on,” our cover art comes from influential contemporary artist Richard Prince, whose work can be seen worldwide in galleries and museums from the Guggenheim, to the Met, to the Museum of Modern Art—all fantastic spots to visit in an altered state of consciousness.

Investigate the power of psychedelics. They possess the ability to heal, and make us better people—and the world a more beautiful place.

Consciously yours,

*Mary Jane Gibson*  
Entertainment Editor

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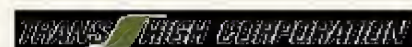
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### Alaska Update

In the article “High Places” (June ’16), the reader is led to believe that Alaska is “open for business.” This isn’t the case yet. The state has just started issuing permits for various pot-related businesses. At present there are no adult, club-like venues open in the state. One opened in Fairbanks, but closed after a few months. Growers are only just starting to acquire property on which to set up operations. Although we wish Alaska was further along for the benefit of everyone, readers should know that, at present, only the most basic marijuana-related infrastructure is in place.

C. Addington  
Fairbanks, AK

### Terps vs. THC

I’m the buyer for White Rabbit Cannabis. We’re an I-502 legal marijuana store in Lynnwood, Washington. As the buyer, I’m always on the lookout for high-testing strains because those are the ones that sell. That being said, as a grower and marijuana aficionado myself, I know that the terpene profile and content are equally if not more important than the THC level. While I appreciate your article, I believe it does somewhat of a disservice to the industry as a whole, because it feeds into the THC madness that I feel is really screwing up the industry as far as customer information is concerned.

Several times a day, people will come into our store and scoff at weed that’s 21 percent THC because they’ve been brainwashed by an industry that provides what *sells* instead of what *works*. I can understand the high-testing stuff for extraction purposes, because the yield is higher. But I find most extracts to be a one-dimensional, short-lived experience, for the simple reason that they lack terpenes.

We at the White Rabbit are doing our best to re-educate the consumer. Many of our growers are now providing terpene data that we put on our menu. I can tell you from my position on the front lines that consumers are hungry for education and appreciate being able to make an informed purchase.

I’ve been reading *High Times* since the 1970s and would love to see an article about terpenes and the entourage effect from you—because, after all, *High Times* is the bible when it comes to a cannabis consumer’s education.

Craig Kimball



## I find most extracts to be a one-dimensional, short-lived experience, for the simple reason that they lack terpenes.

HT’s cultivation editor-at-large Nico Escondido responds:

Believe it or not, I couldn’t agree more! Perhaps you missed it, but our March ’16 cover feature provided a complete, first-of-its-kind rundown on the full terpene profiles of the best-tasting strains on Earth. The information in that feature was derived from both qualitative data (judges’ scorecards) and quantitative analysis (lab reports) obtained via our Cannabis Cup competitions. Moreover, independent research being conducted at universities and government agencies around the world is now providing us with evidence that the “entourage effect” is more fact than myth, meaning that THC (or even CBD) is no longer considered the key factor in how cannabis flowers affect users. Additionally, scientific research has discovered that a person’s individual chemotype is also a major factor here. All of this points to what many of us have known for years: No pharmaceutical company can simply synthesize a single chemical from cannabis, put it in a pill, and expect it to deliver the same results as the whole plant. And as you pointed out, this fact extends to concentrates as well.

There’s a reason we call cannabis the “miracle plant”—because taken as a whole, she’s simply miraculous! But broken down into her individual components, she’s just like the rest of us—not the best that she could be!

One final note: This year, we’ll be publishing another in-depth article that will highlight the importance of terpenes in cannabis.

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### Keep It Illegal!

All I can say is, I’ve been smoking for over 45 years, and I hope like hell they stop legalizing weed. Why, you ask? Because these people are no better than black-market dealers. Twenty dollars a frigg’in gram? Who can afford that? All I’m seeing is weed that’s no better than what some call “reggie” being sold for \$20 a gram. It’s not worth any more than commercial—just ‘cause it’s “green” don’t make it worth \$20 a gram. So fuck that! I don’t need no overpriced BS. Anyone charging \$20 a gram is just greedy. They’re obviously in it to make as much money as they can, so fuck them and leave it illegal! There’s no weed worth \$20 a gram—I don’t care how good it’s supposed to be.

Brenden W.

We agree that \$20 a gram is steep. But widespread legalization would create better choices for consumers, and greedy cannabis merchants with poor product wouldn’t be able to compete. Still, we think any pot smoker would choose \$20 a gram over being busted. Or you could just grow your own.

### Strain Fibs

So I’m very lost: The strain we have out here in Washington called Middle Fork has suddenly become Dutch Treat x DJ’s Blueberry. Can you help me understand where these bullshit stories are germinated and how they’re propagated? I only ask because I’m the last of the three original growers of Middle Fork. I remember it being a bag seed found in some weed that was stolen from a grow along the Middle Fork of the Nooksak River. It wasn’t carefully bred between the two forks of a river in Washington State; it was *stolen* from the middle of the three forks of a river in Washington State. The shit is fire as fuck, but the story is fake as fuck.

M. Webb

No doubt about it, our community does come up with some whoppers. In the future, data collection and analysis will generate millions of genetic markers that will allow us to know a strain’s true origins, thereby optimizing breeding for agricultural, industrial and medical purposes.

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**REGENERATION NATION** Looking to harvest multiple times from the same plant? Check out our excerpt from JB Haze's book, *Cannabis Regeneration: A Multiple Harvest Method For Greater Yields*, to learn tips and tricks on yielding more buds without starting new seeds or clones, on page 67. *Photo by Lochfoot*









September 2016 **High Times**

**TWEED'S WEED** A repurposed Hershey factory serves as headquarters for Tweed, the largest producer of medical cannabis in Canada. The huge facility presently only uses one-third of its available space—which means indoor fields of CBD Skunk Haze like this are only going to get bigger and more beautiful! Check out “Tweeding the Garden” on page 44. *Photo by Dan Skye*

17

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# Highwitness News

Steve DeAngelo's victory vs. the Feds.



### Style

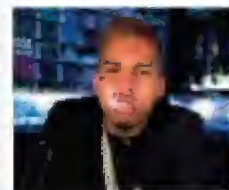
#### Bad Trip?

Ten tips to get a good head space for a psychedelic adventure. p.28

### Entertainment

#### Kid Ink

Swishers and *indicas* are the go-to choice for this Los Angeles rapper. p.32



Jamaican Foreign Minister Kamina Johnson Smith

## Spinning Our Wheels

The 2016 United Nations General Assembly Special Session was supposed to address international drug policy. So why do failed prohibition policies remain in force? *By Kristen Gwynne*

For three days in April, delegates from across the globe convened at the United Nations in New York City to discuss international drug policy in this unprecedented era of reform. The event, originally scheduled for 2019, was held three years early at the urging of Mexico, Colombia and Guatemala—countries where the violence caused by prohibition

is all too horrifically evident. But while the session was hailed as an unprecedented opportunity to shift the drug-policy debate, it ended up reflecting an official commitment to the status quo.

A “civil-society statement” summarizing the widely shared disappointment with the UN General Assembly Special Session was signed by major

nongovernmental task-force organizations. “The UNGASS process has failed to recognize the lack of progress achieved by international drug control over the past 50 years,” the statement declared, adding that “substances under international control are more widely available and affordable than ever.”

As the statement spelled out, the highly anticipated UNGASS event was pre-empted by an “outcome document” already decided at a meeting in Vienna in March: “The Commission on Narcotic Drugs (CND) and its secretariat in the UN Office on Drugs and Crime... were tasked with leading the preparations, instead of the UN General Assembly itself in New York,” leaving the delegates with little to do but critique the preordained results. Two major flaws of the outcome document were immediately apparent: its failure to address the tensions between international treaties prohibiting marijuana and the current wave of legalization, as well as its failure to take a position on the execution of people convicted of drug offenses. Several countries, including China, Indonesia, Russia and Iran, continue to execute “drug criminals” despite the international consensus that capital punishment for a nonviolent offense is a human-rights violation. Indonesia’s delegate was booed by the crowd for defending the execution of drug traffickers, but he and other representatives made it clear that organized attempts to halt their use of the death penalty would be considered unwelcome political meddling by outsiders.

An international shift toward drug-policy reform is perhaps no more evident than in the rapid movement for marijuana legalization. Four US states and Washington, DC—in addition to Uruguay, the first nation to legalize marijuana—are in open violation of international treaties, which classify marijuana as a highly restricted controlled substance. A roundtable

« discussion on the topic termed the lack of action on this issue “the elephant in the room.”

But on April 20, appropriately enough, cannabis legalization did receive some support, including from the Canadian delegate, who announced that the country planned to deliver on Prime Minister Justin Trudeau’s campaign promise to legalize marijuana by 2017. The same day, the UN heard Mexico’s delegate endorse marijuana for scientific research and medical use. But it was the Jamaican delegate—speaking on behalf of a country where ganja use is a cultural and spiritual undertaking—who delivered the most cutting speech on pot policy.

Speaking from the floor, Jamaican Foreign Minister Kamina Johnson Smith called marijuana’s international scheduling antiquated and senseless: “We contend that the classification of cannabis under the Single Convention is an anomaly and that the medical value of a substance must be determined by science and evidence-based analysis, above other considerations.” Johnson Smith added that in her country, “cannabis has been traditionally used as a folk medicine, as well as a religious sacrament by adherents to our indigenous

## **UNGASS resulted in little more than international acceptance of a “health-oriented” approach to drug policy that still leans heavily on prohibition as a means to reduce addiction and other harms.**

faith, Rastafari.” And at the roundtable discussion, Jamaican representative Kathy-Ann Brown slammed marijuana’s international scheduling as a product of colonialism, noting that many countries were still under foreign rule when the scheduling was first decided in 1961.

And with that, on 4/20, the world watched as the UN heard leaders advocate for marijuana policies that violate the international body’s own treaties. Even so, the wide-open resistance to the UN’s drug policy wasn’t enough to nudge it toward a policy that remedies the UN’s own hypocrisy. If UNGASS made one thing clear, it’s that sweeping drug-policy reform will not come via organized efforts by world leaders, but in spite of them. “Any form of legalization of narcotics should be resolutely opposed,” China’s public-security minister, Guo Shengkun, told the gathering, while Russia’s delegate dismissed critics of the Drug War as mere “skeptics.”

For all the hype leading up to the event, UNGASS resulted in little more than international acceptance of a “health-oriented” approach to drug policy that still leans heavily on prohibition as a means to reduce addiction and other harms. Delegate after delegate acknowledged the inanity of the “Just Say No” era and the folly of prohibition and championed the concept that people with addictions are suffering from a “disease” and need “treatment.”

But the reform-minded rhetoric didn’t result in any substantial policy change. Instead, wide support for international drug-interdiction efforts continues. Reform will happen—but, as always, we can expect it to be staggered and piecemeal. Some countries will move toward legalization; others will continue to execute “drug criminals.” And many countries will claim the middle ground and cling to the policies of prohibition. 🌿

### HIGH FIVE

## **Mayors for Marijuana**

A growing number of municipal leaders are pushing for pot-law reform. *By Mark Miller*



**Ted Terry,**  
*Clarkston, GA*

If Mayor Terry has his way, Clarkston will become the first Georgia municipality to decriminalize possession of less than an ounce of pot. In April, Terry told WSB-TV: “It’s obvious the War on Drugs has been a failure.” His proposal would reduce possession to a \$5 fine. Sensibly, Mayor Terry wants to shift law-enforcement resources to focus on violent crime.



**Mitch Landrieu,**  
*New Orleans, LA*

A 2010 law here made first-time possession a ticket, but it didn’t address the continuing racial disparity in pot busts overall. In March, Mayor Landrieu signed an ordinance decriminalizing possession of up to 14 grams of cannabis in the Crescent City, with no more than a \$100 fine for repeat offenders. In addition, the law creates a symbolic medical exception.



**Bob Buckhorn,**  
*Tampa, FL*

In March, Mayor Buckhorn signed a City Council-approved ordinance to decriminalize possession of up to 20 grams. First-timers pay a \$75 fine, with a max of \$450 for repeaters, and the Tampa PD can still make arrests. Mayor Buckhorn supports decrim as a way to stop burdening nonviolent offenders—especially young black men—with criminal records.



**Bill Peduto,**  
*Pittsburgh, PA*

Mayor Peduto gave Steel City stoners a Christmas present last December when he signed an ordinance reducing the penalty for possession of 30 grams to a civil fine of \$25. The law has the unique addition of decriminalizing eight grams of hashish. A Carnegie Mellon University analysis estimates that decrim will save the city \$1 million annually.



**Miguel Ángel Mancera,**  
*Mexico City*

Last December, Mayor Mancera introduced a national initiative in the Mexican Congress to legalize cannabis-based medical treatments. He followed that up in January by publicly stating to *El Universal* that legalization “would be a blow” to the violent cartels thriving off the black market in pot. He also pledged pot law reforms should he be elected president in 2018.

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## Can Cali Legalize It?

California could have made history as the first state to legalize recreational cannabis six years ago with Proposition 19. Unfortunately, internecine fighting sent it all sideways, and the legalization initiative failed. Now, with the debacle of 2010 in the rearview mirror, voters in the Golden State have an opportunity to redeem themselves, as the Adult Use of Marijuana Act has qualified for the November ballot.

The AUMA campaign collected over 600,000 signatures—far exceeding the 366,000 required. The proposed act would permit adults 21 and over to legally possess an ounce of pot and to grow up to six plants for personal use. Under the measure, medical and recreational cannabis sales would be taxed at 15 percent.

The Adult Use of Marijuana Act, which was funded by Napster founder Sean Parker and is supported by California's lieutenant governor, Gavin Newsome, also seeks to prevent pot monopolies by denying licenses to corporate cannabis companies.

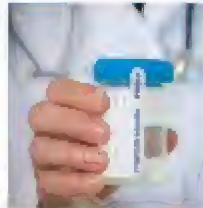
## Teen Shoots Himself During Pot Robbery

A marijuana mugger received a whole bunch of instant karma when he accidentally shot himself in the crotch after he and an accomplice attempted to rob a weed dealer. The unidentified 16-year-old from Lakewood, Washington, set up a meet on Facebook. But instead of simply paying for the pot, the teen's accomplice grabbed the ganja out of the dealer's car and ran off.

The dealer and his passenger attempted to give chase, but the teen appeared wearing a mask and brandishing a handgun, scaring off the pair. However, while attempting to thrust the gun back into his pants, the teen accidentally fired it, sending a bullet through his left groin and buttocks.

The amateur gangster required seven hours of surgery to repair the gruesome wounds. Adding insult to severe, self-inflicted injury, he was also held on suspicion of first-degree robbery and unlawful possession of a handgun.

## DRUG TESTS PISS OFF EMPLOYEES



While the drug-testing industry has been lucrative for some, subjecting people to these invasive tests for drugs they may have used in their off-hours is a ludicrous waste of resources. Now, according to the *New York Times*, it has also become a significant stumbling block for employers, who are having a difficult time finding workers who can pass—or are willing to subject themselves to—a drug test.

And it's not just pot: Hard drugs like heroin have also been detected more often in recent years. According to data from the drug-test provider Quest Diagnostics, for the second consecutive year American workers showed an increase in illegal drug use—from 4.3 percent in 2013 to 4.7 percent in 2014, with the 2013 increase being the first in a decade. This is consistent with the federal government's results in its annual survey for 2014, which found the highest drug use nationwide since 2001.



Woody is deflated.

## Woody Denied

In the June 2016 issue of *High Times*, we enthusiastically reported that actor Woody Harrelson was submitting an application to own and operate one of Hawaii's new medical marijuana dispensaries. With a heavy heart, we now must report that Mr. Harrelson's company, Simple Organic Living, was not among those selected by the Hawaii Department of Health for a dispensary license.

Woody was one of 66 applicants vying to set up shop in the state. Eight licenses were granted, each one allowing for the operation of two retail storefronts.

No specific reason was given for the denial of Harrelson's application. The Health Department used a point system to assess each prospective dispensary owner's financial stability, as well as their ability to fulfill the state's security requirements and meet patients' needs. However, the scores for the various applicants haven't been released.

While Harrelson wouldn't comment on the selection process, we feel this is a huge mistake: Woody's entire life has been leading up to him one day owning a pot dispensary in Hawaii.

## 1-800-Flowers Fears Legal Pot

The retail weed industry is quickly proving to be an economic powerhouse. And as the industry grows, it's forcing existing businesses to deal with competitive issues that have simply never arisen before. Most recently, 1-800-Flowers CEO Jim McCann voiced concern about legal cannabis affecting his company's bottom line.

McCann told the Fox Business Network that growers with mass-production greenhouse facilities in California, Colorado and Oregon could opt to switch from roses to cannabis cultivation, given that ganja gardeners stand to make significantly more money from their crop.

McCann also noted that some legal pot states happen to be the best ones for growing flowers. "That's a big concern of ours," he said. While this sea change has yet to impact his business, McCann acknowledged that many industrial growers "are on the precipice of making a decision" on whether to switch to cannabis.







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This masked man's wallet took a big hit.

## The \$8 Million Bong Hit

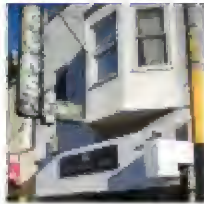
Minutes before the 2016 NFL draft began, a video of Ole Miss offensive lineman Laremy Tunsil appeared on Twitter. The 30-second clip showed Tunsil hitting a bong connected to a gasmask and laughing. It was soon revealed that the expected top-five draft pick's Twitter account had been hacked. Unfortunately, by then the damage was already done.

Experts had predicted that Tunsil would be drafted as high as first overall. However, the leaked video, which was trending during the first round, dropped the college standout to No. 13, at which point he was chosen by the Miami Dolphins.

This incredibly strange turn of events hit Tunsil's earnings hard. When the video appeared, the Baltimore Ravens—presumably still leery of on-camera scandals, even years removed from the Ray Rice incident—decided to pass on Tunsil and select another offensive lineman, Ronnie Stanley. Had they drafted Tunsil at No. 6 overall, he stood to make almost \$20.5 million over four years. Instead, he received a contract from the Dolphins for nearly \$12.5 million, meaning that the gasmask video cost him a little over \$8 million.

Tunsil confirmed to ESPN that it was in fact he who was shown smoking the gasmask bong in the video. He claimed not to know who was responsible for hacking his account and posting the video but added that he didn't plan on pressing charges.

### FROM GUNS TO GANJA



In a symbolic turn of events, San Francisco's last gun store is being converted into a medical marijuana dispensary. The former shop, High Bridge Arms, opened in the city's Bernal Heights neighborhood in 1952 and closed in the fall of 2015, after the store's owners decided not to comply with new regulations requiring the videotaping of gun transactions and the reporting of ammunition purchases.

Now Sean Killen is taking over the space and opening the High Bridge dispensary. Killen hopes to cater to lower-income patients who used to be served by the Bernal Heights Cooperative, which he ran until he was evicted by the landlord to make room for a more upscale dispensary.

Killen quipped that he found "a lot of stray bullets" in the shop. Soon, it'll just be stray buds on the High Bridge floor, and the only AK-47 will be a sativa-dominant hybrid.



Sweet vindication for Steve DeAngelo

## Safe Harborside

Federal prosecutors have dropped their asset-forfeiture case against America's largest medical pot shop, the Oakland dispensary Harborside Health Center. The US Attorney's Office in Northern California wasted nearly four years pursuing the property-seizure case, which was initiated by former US Attorney and thoroughly wrong person Melinda Haag in 2012.

According to Haag, the case against Harborside was necessary because selling pot violates federal law. However, medical marijuana is legal in California, and Harborside insists that it has always strictly followed state guidelines. Many believe that Haag went after the dispensary because of its success and the high profile of its founder, Steve DeAngelo.

Prosecutors didn't disclose their reason for dropping the suit. However, federal guidelines now prohibit the Justice Department from using funds to prevent states from implementing their legal medical pot programs.

Harborside attorney Henry Wykowski told reporters that the Feds' decision is "a wonderful victory for patients" and "a wonderful victory for the industry."

## Edibles on Trial in Wrongful-Death Case

A wrongful-death lawsuit against an edibles manufacturer and a retail pot shop in Colorado has been filed on behalf of three boys whose mother was shot to death by her husband, allegedly while he was high from a potent Tootsie Roll-like cannabis candy.

The suit, which appears to be the first of its kind, contends that Gaia's Garden LLC, the makers of Karma Kandy Orange Ginger, and the Denver-based pot shop that sold it, Nutritional Elements Inc., purposefully failed to warn the accused killer, Richard Kirk, about the candy's potential side effects.

On April 14, 2014, according to police, Kirk fatally shot his wife, Kristine Kirk, in front of their 7-year-old son. A partially eaten Karma Kandy containing 100 mg of THC was found in the family's home. Kirk, 49, was charged with first-degree murder and has pleaded not guilty by reason of insanity.

University of Denver professor Sam Kamin told *High Times* that the lawsuit's chances of success are slim, as the claimants "are going to have a hard time showing causation." Kamin also believes that the defendants will point to the precedent of alcohol manufacturers not being held liable for violence committed by individuals when they're drunk.



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# 10 Tips for Avoiding a Bad Trip

## 1. Create an environment where you feel safe.

LSD and psilocybin magnify the mindset you have going into the experience. If you're relaxed, you're less likely to have a bad trip. Some people may prefer a closed environment under the care of a therapist. Others might feel safer outside in nature, surrounded by people they love and trust.

## 2. Create an environment where you are safe.

Psychedelics may severely diminish your mental and physical faculties. Be with sober people who will make sure you don't put yourself in harm's way and can get you medical assistance if necessary.

## 3. Know what you're getting yourself into.



Read trip reports on [Erowid.org](http://Erowid.org) or a book on psychedelics, such as James Fadiman's *The Psychedelic Explorer's Guide*.

## 4. Know that a difficult trip isn't the same thing as a bad one.

During a psychedelic experience, you may be confronted by your own subconscious fears and

repressed feelings. Be ready to deal with your problems. Even a difficult trip can be therapeutic, cathartic or downright transcendent.

## 5. You might have a bad trip, so know what that means.

Bad trips are experiences defined by anxieties, fears or other powerful negative emotions that don't necessarily have a basis in reality. Be aware that this can happen. Remember the importance of having someone nearby who can help you relax.

## 6. Have someone nearby you can talk through your issues with.

This person "could be a therapist, friend or Zendo volunteer," says MAPS therapist and Zendo Project coordinator Shannon

Clare Petitt. Ideally, this person should have experience with psychedelics so that she can relate to whatever you're feeling. (For more on the Zendo Project, see page 84.)

## 7. Be aware of the health risks of taking LSD and psilocybin.

Psychedelics may have the potential to treat those with a history of trauma or who are at increased risk of suicide, but they could also exacerbate those issues. If you have a personal or family history of mental illness, taking a psychedelic could be extremely harmful. Psychedelics can surface latent psychological problems, such as schizophrenia. There are reports of bad trips causing PTSD-like symptoms. Tripping can

be physically harmful for those with heart conditions or high blood pressure. Talk to a doctor and visit [tripsit.me](http://tripsit.me) for more information.

## 8. Dosage is important.

One way to increase the chances of a bad trip is to take a dose you're not prepared for. Petitt advises that "in many cases, less is more." Visit [erowid.org](http://erowid.org) to learn more about LSD and psilocybin.

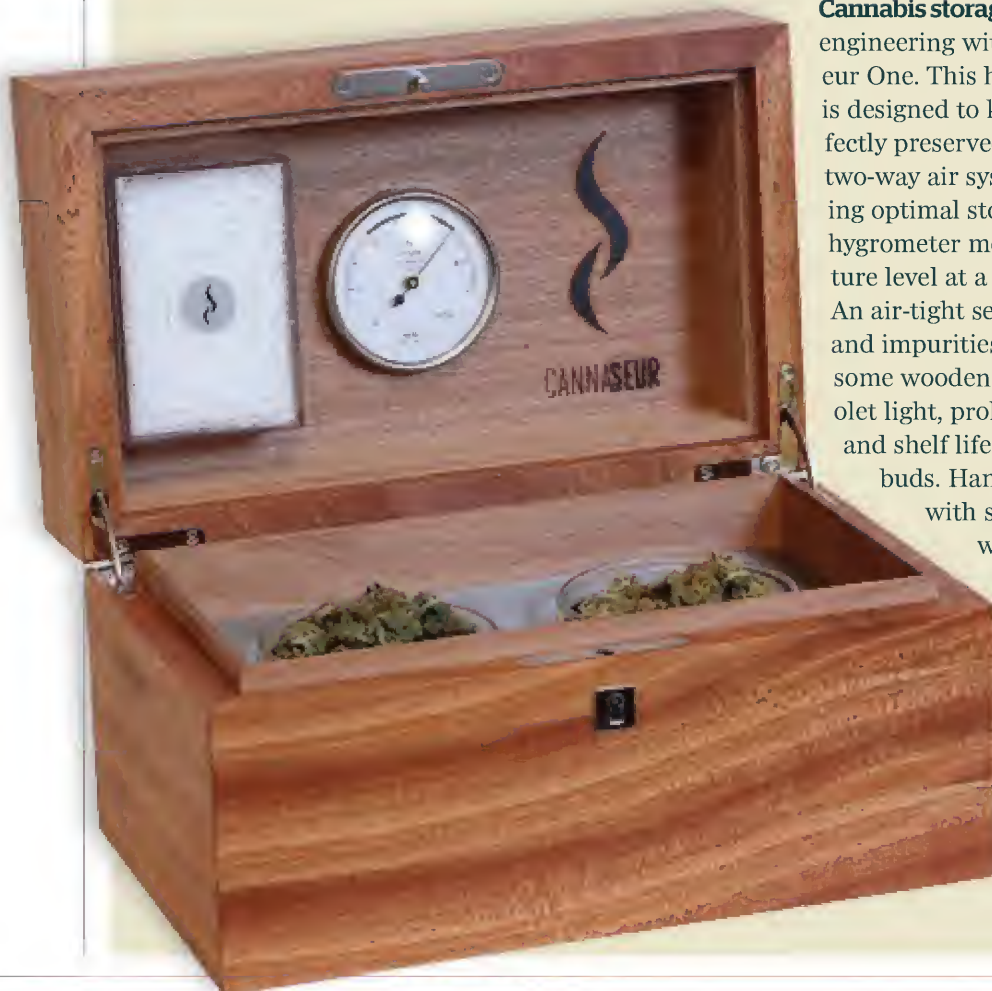
## 9. Know what you're taking.

Although it's not a fool-proof system, many psychedelics can be tested using kits purchased at sites like [bunkpolice.com](http://bunkpolice.com) or [dancesafe.org](http://dancesafe.org).

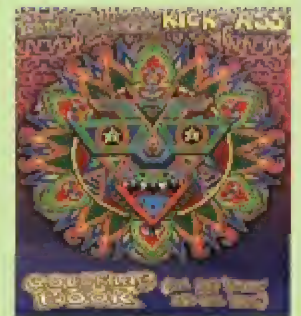
## 10. Embrace the experience.

Petitt sums this last part up with a saying that Zendo often uses: "Trust, let go, be open." *Daniel Miller*

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## SPOTLIGHT

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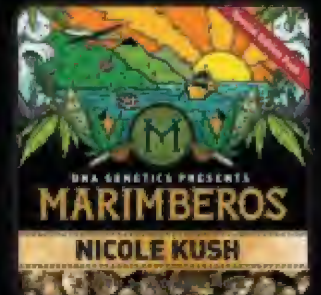
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# Groovy Items for the Psychedelic Soul

From high up in the Sierra Madre mountains to the cornucopia of craft fairs on the internet, this world offers an abundance of visionary inner-space experiences, gorgeous psychedelic artwork and spirit-minded home decor. Here are nine super-cosmic gift ideas for your favorite intrepid psychonaut.

## 1. Kamentsa (Komp-cha)

### Tribal Beaded Jewelry

Inspired by ayahuasca visions, these traditional beaded necklaces and bracelets are created by the Kamentsa tribe in Putumayo, Colombia. Aya-Star: Visionary Art helps to provide a livelihood for these remote and isolated native tribes as a way to preserve their spiritual heritage, retailing beadwork along with authentic Shipibo textiles, art prints and shamanic medicine songs.

[aya-star.org](http://aya-star.org)

## 2. Alex Grey Limited Edition Print

In the words of the famed psychedelic artist: "When you have found the Mystic Fire, stand close. Your obstructions to Godself will begin to melt away and burn off as cinders. You will see the ashes of fear and self-hatred, delusion and misguided desire as the fire consumes your body with Love Bliss and Infinite Awareness. Body Mind is the fuel of the Mystic Fire. Shine with the light of Compassion, Laughter, Generosity, Faith, Creativity, and Wisdom."

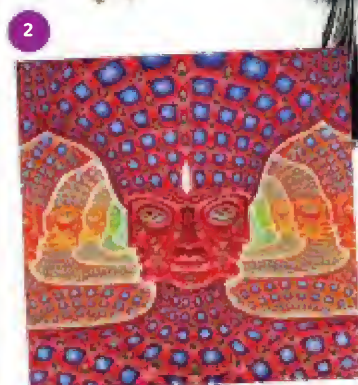
[shop.cosm.org](http://shop.cosm.org)

## 3. Wolf Duvet Cover

Created from artist Rebecca Wang's psychedelic print work, this wolf duvet will keep you safe and warm as you voyage through starfields and dreamworlds. Personalize your bedroom and protect your comforter with this lux bedding cover, adorned with a spiritual guardian. [cafepress.com](http://cafepress.com)

## 4. Jammin on Haight Apparel

Based in San Francisco's legendary Haight-Ashbury District, Jammin on Haight



offers colorful, intricate street apparel with a feel-good style. The online store features a variety of counterculture-influenced clothing and accessories—and all tie-dyed items are one-of-a-kind, expressive pieces of wearable art. [jamminon.com](http://jamminon.com)

## 5. Flotation-Tank Session

Life is full of hassles,

deadlines, frustrations and demands. Floating effortlessly and weightlessly is one way to find relief from these stresses. Free your body and mind from gravity and allow yourself to focus on your spirit, consciousness, internal peace, healing and other important aspects of life. Find out more at [where-to-float.com](http://where-to-float.com).

## 6. Sunshine Joy 3-D Tapestry

These three-dimensional kaleidoscopic prints turn totally psychedelic when you slip on the accompanying 3-D glasses. You'll "ooh" and "aah" as the rich prints lift off the wall and undulate before your eyes. The hangings also work as bedspreads, picnic blankets, curtains

or sofa throws. [sunshinejoy.com](http://sunshinejoy.com)

## 7. Glass Dichroic Galaxy Pendants

Bringing to mind the celestial night sky, Galaxy pendants use dichroic glass: a coating of ultra-thin layers of gold and silver plus metal oxides (titanium, chromium, aluminum, zirconium, magnesium and silica). Dichroic glass transmits and reflects light and colors that shift and change when viewed from different angles, creating a spectacular shimmering effect. [glasspeace.com](http://glasspeace.com)

## 8. Psychedelic Travel Mug

Start your day off with meditation, align your chakras, center yourself... then, before you head out the door, pour your beverage of choice into this inspired travel mug. Sip your java or yerba maté or super-charged water on the go from a trippy container—and remember that there's more to life than that idiot who just cut in front of you. [redbubble.com](http://redbubble.com)

## 9. PiHKAL: A Chemical Love Story

This seminal book by psychonauts Dr. Alexander Shulgin and his wife Ann unfolds in two parts. The first is a fictionalized autobiography of the couple; the second describes 179 psychedelic compounds, most of them discovered by Shulgin himself—including detailed synthesis instructions, bioassays, dosages and other commentary. Educate yourself about the importance of the Shulgins' immense contribution to the psychedelic movement. [amazon.com](http://amazon.com)

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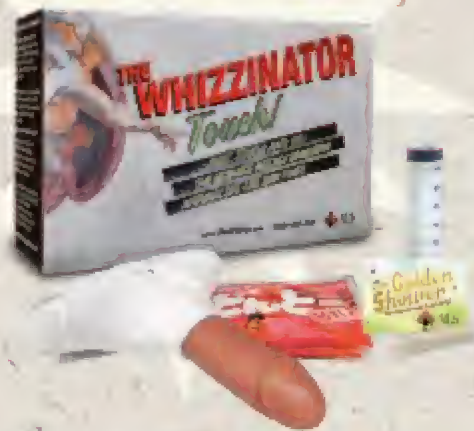
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A moment  
of Zen with  
Kid Ink

**“If I’m listening to a beat and I’m halfway through a blunt and another beat comes on... I’ll roll another.”**

He says. To wit, in our 45 minutes together, he ends up running through multiple dense, aromatic Swishers full of bomb-ass *indica*. With every hit, he becomes more talkative, playful, looser.

A native of Mid-City Los Angeles, Kid Ink fell in love with the sweet leaf when he was in ninth grade. “Since then, I’ve only taken one year off from smoking,” he says. Though he professes a preference for *indicas*—and probably wouldn’t have made such dashes as “Show Me,” “Main Trick,” “Be Real” and, most recently, “Promise,” featuring Betty Wap, without the aid of his beloved Swishers—he isn’t lucky when he’s not in the studio. “I’ll smoke any way,” he asserts, “papers, blunts, vaporizers, bong... If the day is more free, I’ll dab or hit some wax, go crazy, lace the blunt with all kinds of stuff.”

Just as he was one of the first Los Angeles rappers to adopt the spacey, charging minimalism of ratchet music, a sound that would soon come to dominate hip-hop radio, Kid Ink was also an early adopter of the current dabbing trend. “I first discovered it years ago, when it wasn’t even called dabbing,” he explains. “There was this setup—it looked ghetto, on some dope-fiend shit. I was like, ‘I’m about to be *lit!*’ I felt like I was 16 again.” ✨

## Roll & Flow

Los Angeles rapper Kid Ink talks about making music the way surgeons talk about repairing the human heart. Except unlike medical professionals (as far as we know), Kid Ink can’t do his job without weed. *By Drew Millard*

“I smoke on ideas,” the 29-year-old says, explaining that when he’s in the studio, he’ll often roll one while composing lyrics or fashioning a hook. For Ink, assembling the perfect blunt isn’t just a fun challenge—it’s an integral part of his creative process. It’s so important to him, he says, that it often takes precedence over the high. “If I’m listening to a beat and I’m halfway through a blunt and another beat comes on,” he says, “I’ll roll another.”

“Rolling a blunt is my Zen time,” he explains. Like many rappers of his generation, Kid Ink doesn’t set his rhymes

down on paper, and he finds writing on a phone to be distracting and often a liability. So he commits his lyrics to memory, using a Swisher as a way to help himself focus. At this point in his smoking career, he’s such an expert blunt craftsman that the process is second nature to him, allowing him to give his undivided attention to the music and the mood.

It’s how he and beatsmith DJ Mustard knocked out their recent *Summer in the Winter* album in two weeks. “I think when you make a project faster, it’s more cohesive,” he says. And he’s right—the

album is his best, most focused effort yet. Kid Ink is an ardent fan of fellow stoner Snoop Dogg, and the album suggests that he and Mustard are working toward the same chemistry that Snoop once had with the producer Dr. Dre.

Still, just because Kid Ink smokes on the job doesn’t mean he’s not a recreational user, too. “I smoke all day,”



### Mother Knows Best

As we speak, Ink’s mom calls. “My mom smokes,” he tells me. It turns out his mother does more than smoke: She’s a full-blown marijuana entrepreneur. “She makes edibles,” Ink says. “She’s got her license and sells them to dispensaries.”



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On a quest  
to enlighten  
America

## Origins of Orange Sunshine

This film is a love story. That it happens to involve Timothy Leary, smuggling hash out of Afghanistan in surfboards, and an LSD cult bent on spreading its gospel to America is not the point. *By Fritz Meier*

**John Griggs** first tried LSD in the mid-1960s, along with his friends Mike Randall and Travis Ashbrook and his high-school-sweetheart wife, Carol. The universal love and empathy they experienced while on acid inspired them to share their newfound insights with the world. This group of friends from Orange County, California, became the Brotherhood of Eternal Love, a “cult” that would use its profits from smuggling hashish and marijuana to fund an LSD-manufacturing and -distribution outfit the likes of which the world had never seen.

Their story is told in William Kirkley’s new documentary *Orange Sunshine*, a lovingly crafted film that includes interviews with the major surviving players in an organization so shadowy that

many consider it a legend. Wobbly Super 8 re-creations and glossy HD re-enactments help fill in gaps in the story. “We didn’t have a lot of archival material,” Kirkley notes. “With drug smugglers, they don’t take photographs.”

In order to succeed in their ambitious plan to turn America on, the Brotherhood needed cash. And the best way for them to get it was by smuggling high-grade hashish out of Afghanistan in surfboards. The operation turned out to be a smashing success. As Kirkley tells it: “Every drug smuggler is all about the mansion and the yachts... but these guys truly believed in turning on the world. They stuck to their convictions and took what they made and put it right back into LSD manufacturing.” Specifically, a brand of LSD called Orange

Sunshine—acid so popular that Paul McCartney mentioned it by name.

The Brotherhood’s exploits touched every aspect of the ’60s counterculture. Timothy Leary became a devotee, and members made a concert film with Jimi Hendrix. It was this dramatic rise in profile that inevitably brought them into conflict with the federal government. In 1969, the Brotherhood’s charismatic leader John Griggs died from a reported overdose of crystallized psilocybin. In the chaos that ensued, the Feds raided their Southern California

**“Every drug smuggler is all about the mansion and the yachts... but these guys truly believed in turning on the world.”**

■ nch, and the Brotherhood ■ attered to the far corners of ■ e globe.

In the years that followed, ■ ike Randall and Griggs’s ■ dow Carol fell in love and ■ t married. Though many ■ embers of the Brotherhood ■ ere eventually nabbed by ■ on’s drug warriors, their ■ entences were usually brief ■ anks to the expert counsel ■ their attorney, Michael ■ ennedy, an early revolu- ■ onary in the fight against ■ on’s War on Drugs—and ■ e chairman of High Times ■ til his death in January 2016.

After viewing a rough cut of the film, Mike and Carol Randall agreed to help Kirkley secure an interview with Kennedy to tell the story from a different perspective. Despite undergoing chemotherapy at the time, Kennedy provides an illuminating interview—the last he would give before his death.

From their days as the “Hippie Mafia” in the canyons of Orange County to their varied careers today, the Brotherhood of Eternal Love were at the center of a movement that changed how America viewed itself. Their love for one another and their cause unquestionably qualify them as leaders in the quest to enlighten America, one tab at a time. ✨



### Religious Experience

Film director Kirkley tells *HT*: “When I heard the way that [the Brotherhood] viewed LSD... that idea was new to me. Growing up in Orange County, you don’t think of drugs in that way—as a sacrament. So that definitely changed how I saw LSD.”




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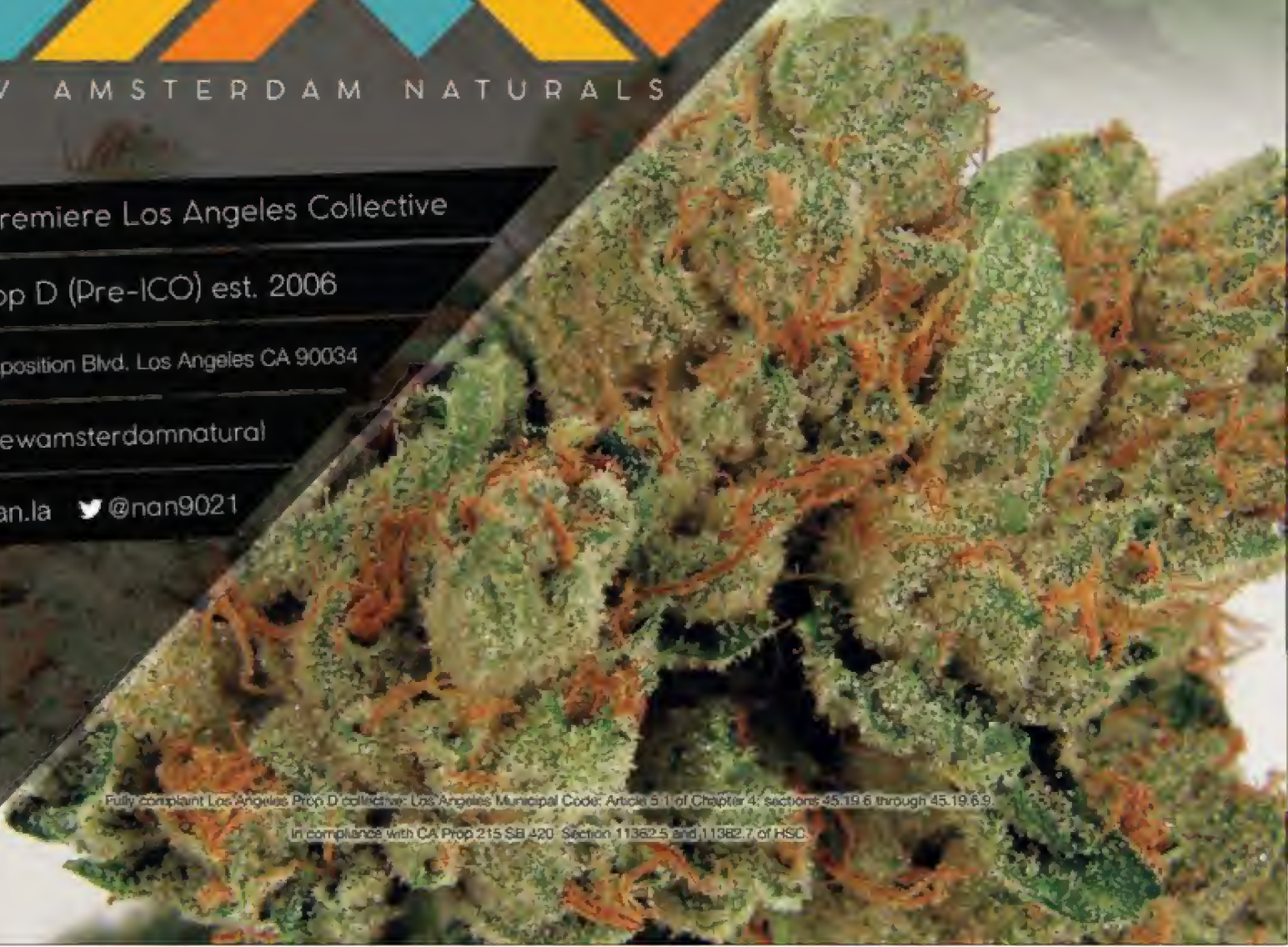
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## Made for All Times

Celebrating 50 years of sonic brilliance from Brian Wilson.

**MAY 16, 2016**, marked five decades since the release of *Pet Sounds*, widely hailed as the Beach Boys' supreme artistic achievement, and newly commemorated with a boxed set sporting various mixes, outtakes and live tracks.

The Boys could just as easily have called their 1966 classic *Drug Sounds: Pet Sounds* is the quintessential "psychedelic album," as both marijuana and LSD mind-fed the creation of what band leader Brian Wilson himself termed "feels"—overtly emotional musical passages conveying his otherwise inexpressible ethos of alienation and innocence lost.

In a 2015 interview with *Hey Reverb*, Wilson confirmed that he wrote *Pet Sounds*' masterpiece track, "God Only Knows," on piano after getting stoned and absorbing the Beatles' innovative 1965 LP *Rubber Soul*, also spawned in a haze of pot smoke. Wilson's aural apogee would return the favor, as *Sounds* became Paul McCartney's prime inspiration for 1967's *Sgt. Pepper*, the defining vinyl of the acid culture.



**The Beach Boys**  
*Pet Sounds*  
(50th Anniversary Edition)  
(Universal)

The jazz, classical and experimental elements that Wilson, as the majestic producer on *Sounds*, wove into the Beach Boys' template of shining pop harmonies marked the dawn of progressive rock, inextricably

linked with mind-expanding intoxicants more than the harder drugs that later merged with less-varied genres like glam and disco.

Such is the complexity of *Pet Sounds* that it also features an ambivalent ode to LSD, "I Know There's an Answer," in which Wilson castigates psychedelic trend-chasers who "Trip through their day, and waste all their thoughts at night." Yet in a 2015 interview with the *Huffington Post*, Wilson admitted that his LSD hallucinations "helped the music." (He also supports cannabis legalization but recommends use in moderation.) This summer, Wilson is taking *Pet Sounds* on tour, to be played each night in its entirety for one last celebration. *Mark Miller*

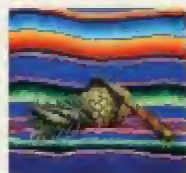
## MUSIC RECOMMENDATIONS



**Kristin Kontrol**  
*X-Communicate*  
(Sub Pop)

What happens when a shoegazer discovers a beat? Apparently, she writes stickier hooks and plumbs the breadth of her pop voice. So transpires the reinvention of Kristin Welchez (formerly of the Dum Dum Girls) on her new project, Kristin Kontrol. Time-traveling from '60s dream pop

to '80s synthwave is a bold move. But after moving past angular, pulsating fare like the title track, KK seems less beholden to New Wave and reconciles it smartly with her lo-fi instincts. That's when sweeping hymns like "Smoke Rings" will persuade you to dim the lights and spark one up. *Nisha Gopalan*



**Purple**  
*Bodacious*  
(PIAS)

Ohhh, shiiiit—the charismatic, energetic and unique vocal stylings of percussionist and singer Hannah Brewer get *Bodacious* started with the incredible "Backbone." The attitude and irreverence here remind me of my classic Bikini Kill days, but the pop elements, instruments

and engineering are totally next year (and a lot more grown-up than the angsty teen punk of yore). Like Purple themselves, this album is ahead of its time and so much fun—I couldn't sit still while listening. The lyrics are brash but true, and the musical energy is through the roof. *Mary Ought Six*

## BOOKS RECOMMENDATIONS



**Lost Rockers**  
*Steven Blush*  
(powerHouse Books)

The author of the now-classic *American Hardcore* turns his attention to rockers who came within a hair's breadth of stardom but, for various reasons, never made it. Focusing on those afforded the same benefits as their peers (studio time, major label contracts, etc.), Blush deftly reveals the

breathtakingly huge role that chance plays in a musician's ascent to stardom. From Evie Sands, who was stymied by a competitor's days-earlier release of a song Sands had recorded first, to Brett Smiley, "The Most Beautiful Boy in the World," Blush's subjects still glow. Highly recommended. *Polly Watson*



**The True Light of Darkness**  
*James W. Jesso*  
(SoulsLantern)

Psychonaut James Jesso explores the ineffable in his latest offering on the power of the psilocybin experience. A thoughtful, introspective plunge into the darker corners of the mushroom trip, Jesso's narrative centers on three fungal journeys, each one yielding new discoveries on his path of

personal development. Notwithstanding his own social anxiety, depression and self-doubt, Jesso remains a dedicated mycophagist and relentless self-analyzer. This "educative entertainment" (in the author's words) adds a personal, contemplative dimension to the literature. Most effable. *Mike DiPaola*

## GAMES RECOMMENDATIONS



**Dying Light: The Following**  
*PS4, Xbox One, PC*  
(Techland)

Less like watching Lucio Fulci movies on VHS and more like checking Facebook while *The Walking Dead* streams on Netflix, *Dying Light* is a zombie game that excels in tightly focused action and fails in capturing the atmosphere of foundational horror. *The Following* ditches the main game's

parkour mechanics in favor of a customizable dune buggy that plows through corpses across a gameworld twice as big. The landscape encourages ranged combat and makes guns and crossbows more accessible. If playing solo feels a bit lifeless, four-player online co-op is the way to go. *Tyler Merfeld*



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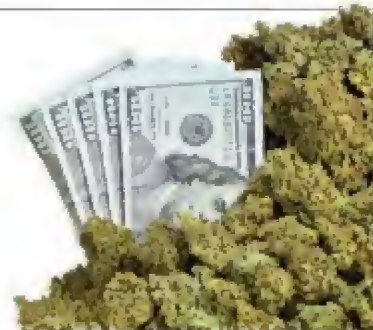
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# Advertise This

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A television first, almost

**I**T'S NOT EXACTLY a secret that weed merchants and assorted ganjapreneurs face steep hurdles, including complex and expensive regulatory restrictions; banks that refuse to accept their cash; legal uncertainties in states that haven't codified their damn pot laws yet; and just plain old-fashioned opposition from anti-marijuana buzz-kill types. On top of all that, there's the problem of advertising: How do you establish and publicize your brand when many of the usual avenues are closed to you?

Take Google: The search-engine behemoth forbids the advertising or "promotion of substances that alter mental state for the purpose of recreation or otherwise induce 'highs.'" (In the accompanying list, poor, innocent weed is lumped together with heroin and meth!) Similarly, Facebook refuses ads that promote the sale or use of "illegal, prescription, or recreational drugs." (Though pro-weed pages without the ads are fine; check out [facebook.com/HIGHTIMESMag](https://www.facebook.com/HIGHTIMESMag).)

The airwaves aren't much different. Last summer, Neos Vape Pens produced a TV spot for broadcast on an ABC affiliate in the Denver metro area. The ad—scheduled to run in the late-night hours,

during *Jimmy Kimmel Live!*—would have been the first ever for a recreational weed product. But the spot never aired, even though it didn't mention herb or include images of people toking up. (The ad even closed its pitch with a sober tip to "recreate responsibly.") At the last minute, the station became skittish at the notion of running an ad for a product that's still federally illegal, so they decided to pull it.

In the aftermath, however, "no publicity" turned out to be good publicity. As Neos CEO David Nessen observed: "It wasn't a tremendous disappointment, even though becoming the first MMJ company to present a TV ad would have been great. But the response from not airing was just as gratifying.

"We feel that there should have been a clear answer on the law of advertising," Nessen added, "so companies such as ours can market their brand without feeling they may break a federal law doing it."

But while cannabusinesses are somewhat hamstrung in their ability to promote their products, some large and venerable brands have been able to slide right into the green market without a

General Mills posted a billboard ad in Denver touting its munchies for the stoner high holy day: "420 Is Better on Pizza Rolls" read the sign, with an accompanying image of its Totino's brand.

problem. For example, food giant General Mills posted a billboard ad in Denver touting its munchies for the stoner high holy day: "420 Is Better on Pizza Rolls" read the sign, with an accompanying image of its Totino's brand.

Cannabis advocates have also been able to publicly tout weed in political—as opposed to commercial—contexts. The Marijuana Policy Project has been posting pro-pot billboards in a number of states since 2013, and though some puritanical types have attempted to have the ads removed, they're largely considered political speech protected by the First Amendment.

And while Neanderthal laws from the dumb, dark ages restrict what and where ganjapreneurs can advertise, some businesses are deploying 21st-century technologies to target their consumers. Recently, the Voice Media Group teamed up with Adcellerant to launch a digital-advertising network especially for cannabusinesses. The company says its beta testing with dozens of businesses in the Los Angeles area (Voice Media owns the *LA Weekly*, among other properties) showed "ad engagement" at two to three times what typical banner ads yield. Even so, the network—which plans to operate in legal-pot states and says it will target only the 21-and-older demo—doesn't allow visual displays of the products or use of the word "marijuana."

The day will come when these kinds of barriers to honest product promotion are lifted and cannabis ads can be freely disseminated (which, by the way, will create yet more jobs in the industry). Until then, weed will have to sell itself—just like it's always done. 🌿

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Arkansas	El Dorado	Cheese	330
California	Sacramento San Fernando Valley	Mr. Nice Gorilla Glue #4	320 260
Colorado	Boulder Denver	Goji OG Skywalker OG	300 280
Connecticut	Hartford	Headband	360
Delaware	Wilmington	Sour Diesel	380
Florida	Tampa	Hydro	220
Georgia	Atlanta	Grand Daddy Purps	360
Hawaii	Maui	Tahoe OG	350
Illinois	Evanston	Chemdog	350
Indiana	Indianapolis	Blue Dream	365
Iowa	Des Moines	Bubblegum	350
Louisiana	New Orleans	JillyBean	375
Maine	Portland	Girl Scout Cookies	330
Maryland	Baltimore	Tahoe OG	380
Massachusetts	Boston	Super Silver Haze	350
Michigan	Detroit	Gorilla Glue #4	250
Minnesota	Minneapolis	Strawberry Cough	360
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Montana	Bozeman	Blueberry	280
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New York	The Bronx	Snowdog	380
Ohio	Canton	The Church	225
Oregon	Portland	Jack Herer	200
Pennsylvania	Philadelphia	Blue Dream	350
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MARKET ANALYSIS

Prices by the ounce

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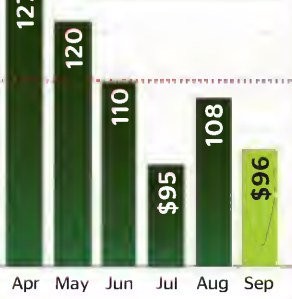
**Kind Index**  
YTD Average: \$372



**Mids Index**  
YTD Average: \$268



**Schwag Index**  
YTD Average: \$110



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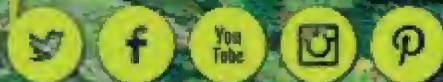


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 TOTAL: \_\_\_\_\_



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 TOTAL: \_\_\_\_\_

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In July 2013, Health Canada ended its woeful supervision of the country's medical cannabis program and shifted production and sale to licensed producers. Since then, Tweed has become the first name in weed! *Story & photos by Dan Skye*

# tweeding the

A large indoor cannabis cultivation facility, likely a greenhouse or grow room. The space is filled with rows of cannabis plants in various stages of growth. The plants are supported by a network of vertical metal poles and horizontal wires. The floor is covered with white plastic sheeting, and the ceiling is a translucent, ribbed material. The lighting is bright and even, typical of a professional grow operation.

Tweed is the largest producer of cannabis in Canada.

# garden





Spacious veg rooms nurture the medicine for thousands of patients.



Buds fed into an automatic trimmer are designated for concentrate production.

**T**he Hershey plant sat empty for years, a sad reminder of the bygone days when Smiths Falls could call itself the chocolate capital of Ontario, Canada. In 2008, the Hershey Company, which had manufactured chocolate in Smiths Falls for 45 years, closed the plant down. It was a typically hard-hearted corporate decision: In order to cut costs, Hershey opted to shutter six of its plants in North America, including three in Canada, and open up a new processing facility in Monterrey, Mexico.

Smiths Falls is a small town (population 9,000) about an hour south of Ottawa, the Canadian capital, and Hershey had been the town's major employer since the 1960s. Over 600 residents lost their jobs. Communities don't recover easily after taking a hit like that. But there are windows of opportunity opening in Smith Falls again—thanks to the country's rising cannabis industry.

Tweed took over the factory in 2013. But what is Tweed, you might be asking? Just the nation's leading cannabis producer, one of 31 companies licensed by Health Canada, the

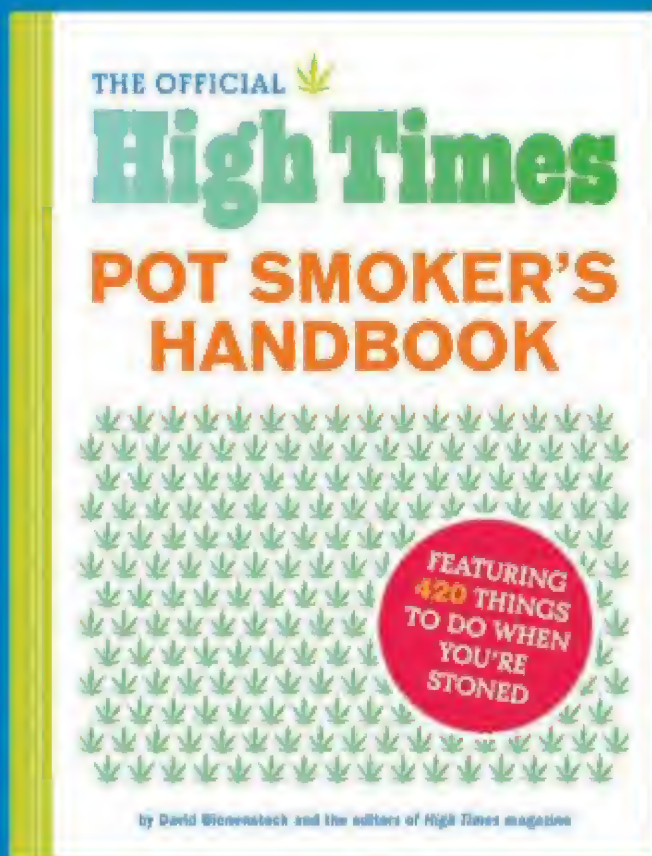
“Some sectors of the cannabis community look at a corporation or a publicly traded company and automatically have their suspicions.”

industry's government overseer. Tweed harvests well over 12,000 pounds annually, and today 125 people earn a regular paycheck from the company. Furthermore, these are local workers; nearly all live within a 15-mile radius of the plant.

Tweed has two sister companies, Bedrocan Canada and the newly licensed Tweed Farms, located in the heart of the Niagara region, which will now grow pot crops in Canada's largest greenhouse, a sprawling 350,000-square-foot facility. All three are owned by the Canopy Growth Corporation, a \$260 million publicly traded company. But it's the former Hershey factory that offers the most intriguing possibilities.

Jordan Sinclair, Tweed's communications director, explains: “It's a big old factory that sat vacant for five years. We took it over in 2013, but it needed retrofitting and cleaning. We didn't start shipping until 2014. Right now, we're using about 170,000 square feet of growing space. That's 12 growrooms, a

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CHRONICLE BOOKS



Corn syrup tanks are now part of Tweed's reservoir system.

couple of big mom rooms, an extraction lab, a quality-analysis lab, and all of the little areas needed to produce cannabis—drying areas, trim rooms and a vault. The entire building is 470,000 square feet, which means we're currently using about a third of the space. There's obviously room to grow. There's also a lot of empty land around us, so we could pop up other buildings if that's an option we need down the road."

All of which means that a lot of jobs could be coming to Smiths

Falls, where a former chocolate factory now houses a mammoth marijuana grow op, with the towering silver tanks that once held thousands of gallons of corn syrup now serving as the reservoirs for multiple pot gardens. How times have changed—especially when you consider that the Smiths Falls police station is directly across the street.

Of course, corporate success often breeds PR problems because, these days, corporations are seldom viewed favorably.



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*No name just flame*

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“Some sectors of the cannabis community look at a corporation or a publicly traded company and automatically have their suspicions,” Sinclair acknowledges. “But we really want to be an approachable company. We never shy away from having people come in and take a look at what we’re doing. With Prime Minister Justin Trudeau’s election, many of us believe we’re on the verge of legalization. But there are so many conversations that have to happen along the way. We want to be part of those conversations and participate in the industry as it grows. Our goal is to help people and get marijuana out of the shadows and where it should be—in mainstream society.”

These days, however, Canadian law still requires legal medical cannabis to be grown under lockdown conditions. Having visited hundreds of pot gardens in every kind of location imaginable, from basements and garages to closets and backyards, I found it somewhat amusing to inspect a grow op of these fortress-like proportions. After all, are we dealing with plutonium here, or pot?

Jordan Sinclair checks out the latest batch of Tweed buds.



You don’t go anywhere in Tweed without changing into clean cultivation “scrubs”—surgeon-like apparel, including special garden clogs. No one enters any room where the plants are being grown or processed without a company swipe card, and the comings and goings of staffers in each room are noted on clipboards in order to ascertain the tasks that were recently performed.

“Immaculate” is the operative word in this vast aeroponic operation. The veg rooms, mother rooms, flowering rooms, and breeding rooms are all temperature- and humidity-controlled. Over the next year, Tweed plans to add 18 more rooms for production. Also, following the Canadian Supreme Court decision last year that authorized patients to use marijuana extracts and derivatives, Tweed can now produce and sell cannabis-oil products and edibles. Obviously, Tweed has the space to accommodate every sector of the cannabis market.

A massive effort has also been mounted to scale up quality. Canada’s med-pot patients have demonstrated a strong preference for the

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offerings of DNA Genetics, the superstar seed company that has won multiple Cannabis Cups. Last year, Tweed partnered up with Don and Aaron, DNA's founders, who have been onsite supervising a phenotyping project to determine the very best specimens of their own seed stock.

I find them in Flowering Room No. 7. Like everyone else here, they're clad from head to toe in protective lab wear and hairnets. They shuffle slowly through the long rows of plants, making comments to each other and taking notes.

"It's the most exciting thing we get to do," Aaron says. "Basically, Tweed told us to design our dream breeding facility. So we're looking for the very best phenotypes of our own strains. The plants are from the seeds they acquired; we didn't supply them with clones. So we're looking for all the traits that we see in our Cup-winning varieties. What we're looking for is a great terpene profile—the nose, that smell of the plant... something that punches you in the face!"

"We have a really solid brand and a solid company with solid genetics," Don adds. "Tweed wanted to be aligned with us. But 'corporate cannabis' is a scary term. We're growers—that's how we resonate with our supporters. They think it's a sellout, a money play, that we're just throwing our name on a



Aaron and Don of DNA, at work in their "dream breeding facility."

brand. Look, we've been working with Tweed for over six months, and we haven't put our name on anything. We'll only make a royalty in a licensing deal. And when we have something with our name on it, it's in our best interests not to rush things to market. We're not as interested in the money as much as we're interested in the plant and our legacy."

Meanwhile, the Canopy Growth Corporation continues to surge on the stock market,

experiencing 40 percent growth every quarter since its founding. But it's doubtful that a mere 31 licensed producers can supply a nation of 35 million people. If Trudeau makes good on his promise to legalize, tax and regulate cannabis, the Canadian pot scene will definitely undergo expansion. Tweed is ready and waiting for that moment. ✨

Visit [tweed.com](http://tweed.com).

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# 2016 S.T.A.S.H. AWARDS

## OUR PICKS FOR GEAR OF THE YEAR

The High Times Cultivation Department is constantly on the lookout for new innovations in marijuana-farming technology. Each year, we reveal the latest and greatest grow gear as part of our Significant Technological Achievements in Secretive Horticulture (or S.T.A.S.H.) Awards.



### Best Power Trimmer

#### UltraTrimmer

The best trim job results from the least amount of contact with the blades. The UltraTrimmer can process six pounds of product every twenty minutes without destroying the trichomes. With no violent tumbling that can break off gland heads, these units quickly and carefully trim off all extraneous leaf matter. The Collective unit does about 2-3 pounds per hour while the Industrial Deck can process 8-10 pounds per hour with four people working it.

\$4200 Collective Unit; \$8000, Industrial Unit

[ultratrimmer.com](http://ultratrimmer.com)



Trimming up a storm

**Best Growbox:****SuperStar LED Grow Cabinet**

If you're looking for a quiet, fully automated, light-tight growbox that can pay for itself with the first harvest, consider the SuperStar LED Grow Cabinet from Supercloset. It's compact (at 24" wide, 24" deep and 60" high) and requires just a single wall plug, making it perfect for apartment dwellers without much space. It's also efficient, with two chambers—one for seedlings or clones, and a larger one for flowering plants—as well as two carbon filters for odor control, a locking door latch, and discreet packaging to ensure safety and security.

\$1,995

[supercloset.com](http://supercloset.com)

**Best Grow Tent:****Gorilla Grow Tent**

Grow tents can be an affordable alternative to boxes or building your own grow space, but they're not all produced to the same high standards. Gorilla Grow Tents are manufactured using a thick, durable, light-proof material, while the solid-metal interlocking frame and infrared-blocking roof reduce mishaps. The EZ-view windows allow you to check out the progress of your grow, and a flood pool at the bottom retains water to prevent disastrous flooding. With many sizes to choose from, 2" x 2.5" to 10" x 20" (as well as a height-extension kit), Gorilla tents are the way to grow.

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[gorillagrowtent.com](http://gorillagrowtent.com)

**Best Growbox Package:****The Big Kahuna**

Looking for a turn-key unit that can produce over 36 pounds per year without having to build your own marijuana factory? The leaders in growbox technology have put together a package called the Big Kahuna that can get you started quickly, without the research and development stage typical of industrial-size cultivation facilities. The package includes one Bloombox, four Producer grow boxes, one Mothership box, two dryers, one Power Cloner, and all the nutrients and backup parts necessary to produce 36 plants per month with no downtime.

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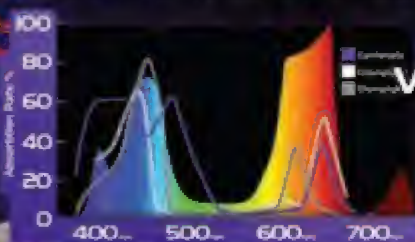
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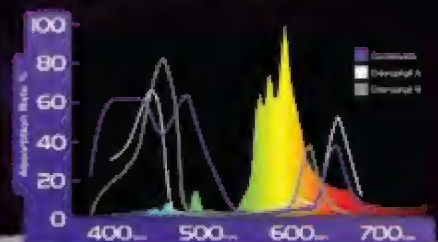
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**Best Trimming Tools:****Chikamasa Garden Shears**

Hand-trimming with the wrong scissors can lead to slower trim times, health issues like carpal-tunnel syndrome and even crappy-looking, leafy buds that don't taste right. From Japan, land of bonsai-cutting experts, comes the Chikamasa shears, which are super-sharp, lightweight and made from stainless steel. They're ergonomically designed specifically for up-close and detail-oriented trimming that results in properly clipped flowers every time, while the slightly curved blade and comfortable handle ensure a timely trim job.

\$29.99

[evolvedgardentools.com](http://evolvedgardentools.com)**Best Herb Dryer****SupHerb Drying Cabinet**

Environmental control is essential for drying cannabis properly: If your space is too hot and arid, your buds will taste grassy and won't burn right, while a wet environment can lead to mold. The SupHerb Drying Cabinet allows you to gain dominance over the drying process with a solidly constructed, locking unit that boasts pine and mahogany walls and a digital thermometer/hygrometer to regulate temperature and humidity. An adjustable circulating fan maintains a gentle yet consistent airflow among the hanging rods, and an exhaust fan with carbon filter keeps odors at bay.

\$995

[supercloset.com](http://supercloset.com)**Best Industrial Trimmer:****Trinator Dry and Mini Dry**

Dry trimming protects the aroma and essential oils of your crop. Two new dry trimmers have impressed us with their ease of use. The Trinator Dry is light and mobile, with wheels that simplify moving it around. The Trinator Mini Dry has all the same features in a smaller, more portable unit (albeit without the wheels). Both are easy to load and unload as well as to clean. They're also lubricant-free, with no metal-on-metal contact, and will trim from 2 to 5 pounds per hour gently and precisely.

\$4,999 Dry; \$2,799, Mini Dry

[thetriminator.com](http://thetriminator.com)**Best Growroom Glasses:****Revolution HPS x Transition**

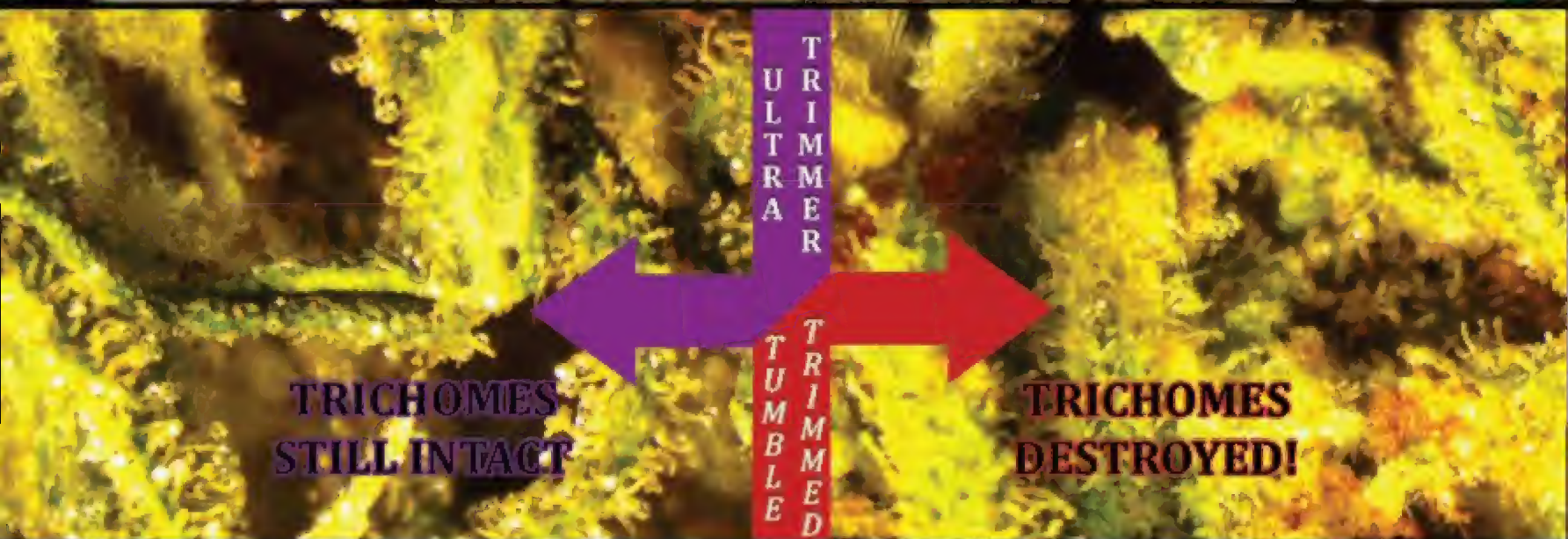
With the increasing number of cheaper plastic grow glasses hitting the market, we're all the more gung-ho for the superior products from Method Seven. Their new Revolution HPS x Transition shades provide proper color-balancing indoors under HPS lighting and then change to dark gray-blue outdoors within three minutes of full sun. Comfortable and stylish, these glasses feature a proprietary photochromic lens that allows growers to see the true colors of their plants' leaves while protecting their eyes from bright light.

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[methodseven.com](http://methodseven.com)

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[gavita-holland.com](http://gavita-holland.com)

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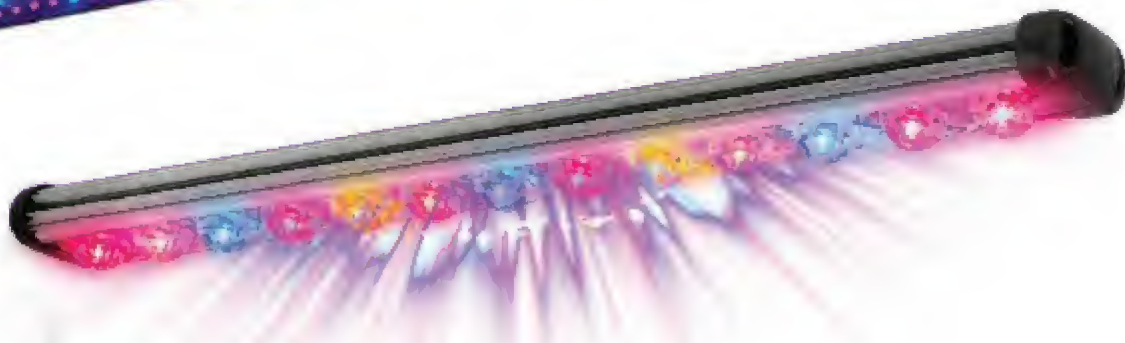
[cirrusledgrowlights.com](http://cirrusledgrowlights.com)

**Best LED Innovation:****Kind LED Bar**

LED technology continues to increase in intensity and decrease in price, which is why we love the new Kind LED Bars. Perfect for supplemental lighting without the bulkiness of full-size LEDs, these full-spectrum lights can fill out the corners or less well-lit areas of any grow space without adding much extra heat. They're a great replacement for T5 fluorescent fixtures, providing up to twice the PAR (photosynthetically available radiation) while using 50% less electricity.

\$129.95, 2-foot; \$189.95, 3-foot; \$249.95, 4-foot

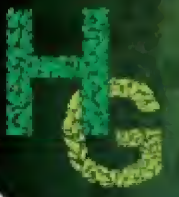
[kindledgrowlights.com](http://kindledgrowlights.com)

**Best LED Lighting****G8LED G8-900 Veg/Flower Grow Light**

Light-emitting diode (LED) technology continues to improve, and the new system from Dorm Grow is advancing by leaps and bounds for the industry. Their newest LED grow light covers a 6' x 4' area while using only 540 watts of power and producing much less heat than HID (high-intensity discharge) lighting such as HPS (high-pressure sodium) and MH (metal halide) lamps. Eight built-in fans further reduce heat, allowing you to produce high-quality buds at lower temperatures while saving money on electricity.

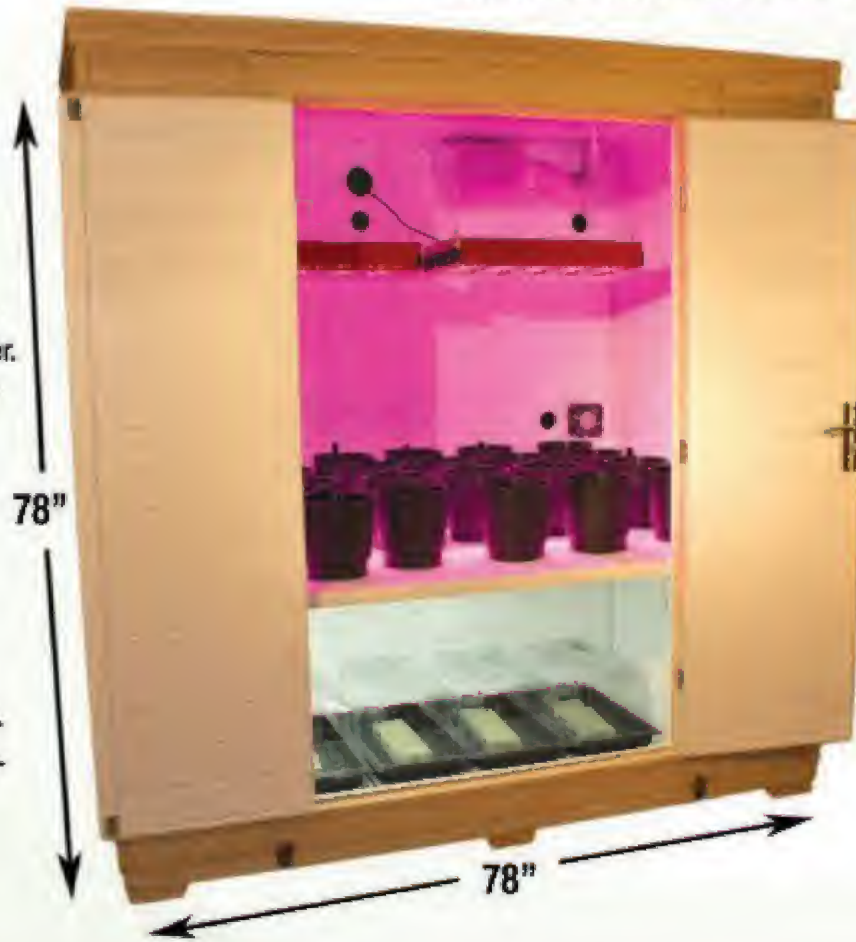
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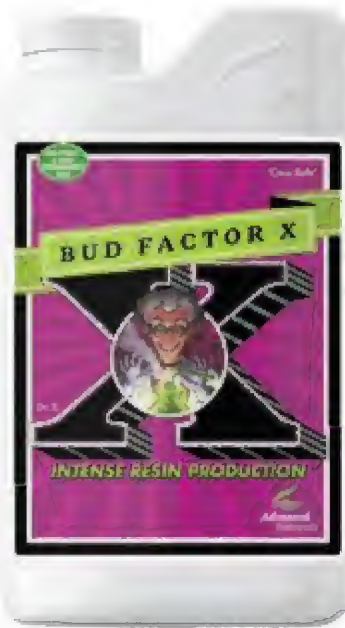
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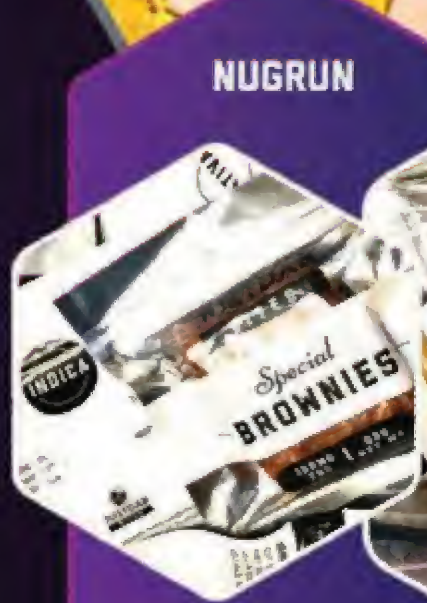
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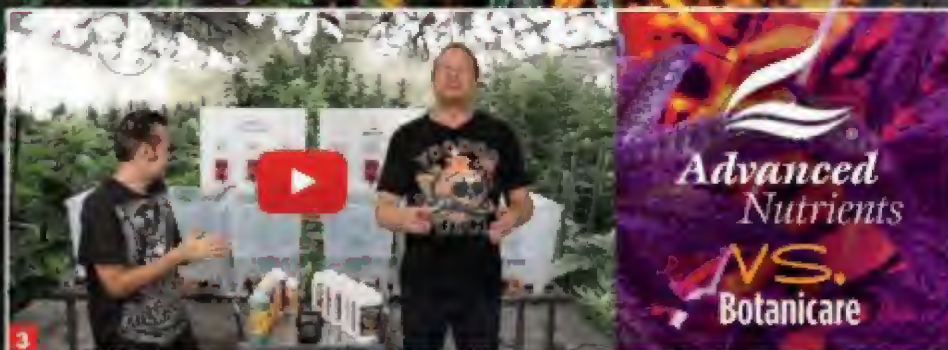
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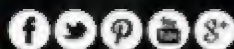
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A key jammed into the grow medium indicates scale—demonstrating how little bud matter is required for regeneration.

## HOW TO HARVEST FOR REGENERATION

Here's a systematic approach to cost-effective cultivation using the regeneration technique to harvest several times from the same garden.

**STORY & PHOTOS BY JB HAZE**



A pair of buds about to receive a minor haircut



**PROCEED WITH THE HARVEST AS FOLLOWS:** Ensure that your scissors or garden cutters are capable of slicing through the trunk with one stroke free of jagged edges.

Sterilize the cutters. Unlike a traditional harvest, regeneration requires a clean and healthy cut. A solution of 10% bleach (or hydrogen peroxide) in water is ideal for sterilization. Soak your cutters for a few minutes, then rinse. Alternately, wipe the blades using a rag dampened with methylated spirits. Vodka or any spirit may be substituted. A cheap aftershave (it's the alcoholic content that makes your face zing) or a disinfectant hand wipe will also do the trick. Be sure to dry the cutters completely before use.

Locate a spot an inch or so above the lowest first or second buds on the main trunk. The photograph above shows the perfect location: very low on the trunk, allowing for a complete and traditional harvest of the whole plant above. The regular house key, jammed into the growing medium in the first photograph, indicates scale—demonstrating how little bud matter needs to be retained for regeneration.

Holding your cutters horizontally, cut the trunk at the position indicated. Do not cut on an angle, as you do with cloning (to increase the surface area), but straight across. You want the area exposed by the cut to be as small as possible: A circular cross-section has a smaller surface area than an oval one.

Hang the top 99% of the plant upside down to begin the drying process.

Immediately return to the potted trunk and begin the rescue/stabilization routine described below. Time is of the essence here. Don't become distracted by the harvested material, such as removing the fan leaves and other tidying up; these things can wait until later.



Leave lower wispy buds intact.

So far, so good: You're already a step ahead of where you'd normally find yourself. This makes you a forward-thinking person. It also makes you someone with a full, lush, no-compromise harvest and the potential to regenerate a repeat performance. You are ready to start the real process: bringing your plant back to life.

## RESCUING AND REGENERATING YOUR HARVESTED PLANT

Within 10 minutes of making the chop, you'll want to cap the wound and then promptly address other issues like nutrients and the light cycle. The aim is to immediately reduce the plant's stress. To put things into perspective, imagine if your body had been completely severed at the ankles: You'd be stressed—seriously stressed. Now consider how your feet would feel about it! Here are the three steps you must follow:

# 1

### CAPPING THE DONOR PLANT

Consider duct tape a medicinal plaster. You need to seal off the stump's open wound—partly in an effort to stabilize the plant's plumbing, which is well and truly shot, but also to protect the exposed innards from air, light, dirt, insects and bacteria. Fortunately, the target buds that we'll be working with are below the cut point and thus are serviced by the plant's vascular system before the damage is encountered. However, we don't want air to enter the wound, creating a usually fatal

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A square of duct tape positioned to seal the severed trunk



Folding and squeezing the tape around the trunk



Wrapping a second piece of tape around the first



The tape encircling the trunk creates an airtight cap.

embolism (air pocket). Seal off the wound immediately with duct tape as follows:

- Eyeball the cut on the trunk, estimating the wound's diameter. Let's assume it's half an inch.
- Tear off a square piece of duct tape twice the estimated diameter (so, in this example, a 1-inch square piece of tape).
- Center the tape, adhesive side down, across the wound. With your thumb and fingers, secure the tape, pressing it firmly down around the edges; see photographs to the left.
- Tear off a second piece of tape, the same width as the first but long enough to encircle the trunk. Wrap it around the trunk, securing the first piece in position; see photographs left and below. Be thorough—make the tape as airtight as possible. Squeeze it tight.
- Now that your plant is capped, the urgency is decreased. She'll be a little thirsty, so now we need to feed her some water and prepare her with a mild bed of nutrients.

## 2

### NUTRIENTS

Not only is it traditional practice to allow the growing medium to dry a little bit before harvest, but good technique also demands that the plant be flushed for a couple of weeks prior. This flushing—pouring a large quantity of water through the pot—is designed to rinse out the remaining nutrients that would otherwise taint the final product. Several flushes across the final two weeks of flowering normally do the trick, providing a nice, clean product. However, it does rinse the goodness out of the growing medium. If we're to regenerate our plant, she'll be requiring nutrients at some point. We need to make sure these are available when she's ready.

Fill a small watering can with tepid (lukewarm) water. Remember, we're trying to reduce stress as much as possible. The shock of cold water is not welcome at this point.

Balance the pH to your norm. (The ideal balance, best suited to the particular strain you're growing, will have been established during the first grow, prior to the initial harvest. Both strain and medium dictate the pH requirements. You'll be between 5.8 and 6.8 as a rule. I grow in 100% perlite and hold the pH at 6.0. I believe this to be very important for the delicate beginnings of regeneration.



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Mix in a mild (25%) solution of your regular vegetative nutrient. This should contain nitrogen and the other nutrients that your plant will need when she begins to sprout new shoots. Be careful: Many fertilizers are "hot" and should be considered full strength at 50%. So take it easy. You want a mild solution, one similar to what you'd use when transplanting, repotting or at other stressful moments in a plant's life. The plant requires a firm but gentle dose of nitrogen and the availability of other essentials like phosphorus, potassium, calcium, sulfur, iron and magnesium. I use a 25% solution of either Canna Vega, which is a Dutch grow formula, or PowerFeed for Vegies: This is an organic-based fertilizer containing a nice spectrum of base elements, amino acids and a high level of nitrogen. I combine this with a 25% dilution of a product called Seasol. Made by the same company, this is a seaweed extract containing no nitrogen but an abundance of other trace goodies. You want to make sure that your plant has all the nutrients she needs to recover strongly, but you don't want to overwhelm her. As with any grow, you'll increase the strength of your nutrients after your plant has found her feet and entered a phase of abundant growth.

Check the pH, making sure it's still stable. If not, adjust accordingly. We cannot afford pH problems at this point.

Water the capped plant heavily so that the roots are saturated and run-off is observed at the bottom of the pot.

Set the watered pot on a little wedge or gentle slope, enabling the excess water to run free. (A small pebble will do the trick.) Allow 20 minutes for this. You don't want the pot to remain saturated; cannabis does not like wet feet.

We can expect two different types of regrowth, which I call "elongation" and "flurry"—and I prefer tipping the scales toward flurry. To do this, we'll give the buds a little haircut. Using a sharp and sterilized pair of scissors, trim one-third off the top of each of the soon-to-be-regenerating buds. This mild surgery has the effect of taking out the growing tip and discouraging elongation. And much like when you tip a terminal shoot on a vegetating plant, the plant's energy is redirected to the growing areas immediately below. In our case, energy is shifted to the surrounding calyxes. It's the transformation of these calyxes back into growing tips that creates the flurry we desire.

At this point, your plant is about as comfortable as she's going to get. To encourage regrowth, we simply need to adjust the lighting regimen, forcing immediate and rigorous photosynthesis.



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## IT'S IMPORTANT NOW TO LEAVE THE PLANT ALONE, ALLOWING HER TO RECOVER WITHOUT DISTURBANCE.

Another important consideration is light intensity. Your plant has everything it needs to move on: an established root system, nutrients, water and, now, light. Unlike cloning—which requires a gentle light to moderate photosynthesis, allowing for initial root development—our aim is to force photosynthesis immediately. Thus, the intensity of the light source is important. Being careful not to burn the plant, lower your light for maximum brightness and lumen saturation. Because the plant already has an established root system, she's ready to get down and dirty.

While the lighting requirements for kick-starting regeneration are the opposite of what's desired for cloning, the necessity for peace and rest is similar. It's important now to leave the plant alone, allowing her to recover without disturbance. The leaves are like solar panels, and an about-to-be-regenerated plant cannot spare energy needlessly reconfiguring them to face the light if moved.

My golden rule here is to walk away for three days. Then, after this time, I'll check to see if she needs a watering. If so, I'll give her tepid, pH-adjusted water. In another two to four days, you should see signs of regrowth—revealing itself as new leaf formation at the crown of the buds, or as a couple of calyxes being pushed upward on tiny stalks.

Once you see these signs, you will know that regeneration has been successful. If you see no signs of new growth after a week or 10 days, be patient; give her another week. Strains with high vigor are always the best to regenerate, with F1 hybrids (the immediate offspring of parents of two different strains) being astounding in this respect. However, some plants may take two solid weeks to show signs of regrowth.

A plant that hasn't revealed any signs of new life after three weeks should be discarded. Such a plant does not possess the vigor we desire for energetic regeneration. But there are no such problems with our rescued lady: The flurrying buds, two weeks out, are the signs of a successfully regenerated plant; see photograph at left 🌿

*Adapted from Cannabis Regeneration: A Multiple Harvest Method for Greater Yields, by JB Haze, published by Green Candy Press, \$16.*

# B

## LIGHTING REQUIREMENTS

The regeneration process is kick-started by placing the plant back into a vegetative lighting schedule. You will have previously

flowered the donor plant with a 12/12 light regime (i.e., 12 hours on and 12 hours off). Regeneration will require a 24/0 schedule. I'm usually not a fan of continuous illumination, as I believe a plant needs its night cycle. However, to kick-start the plant into regenerative mode, you must not allow her to "sleep"—not for a moment. So, 24-hour illumination it is (though I'll change to 20/4 after the new growth has become apparent).

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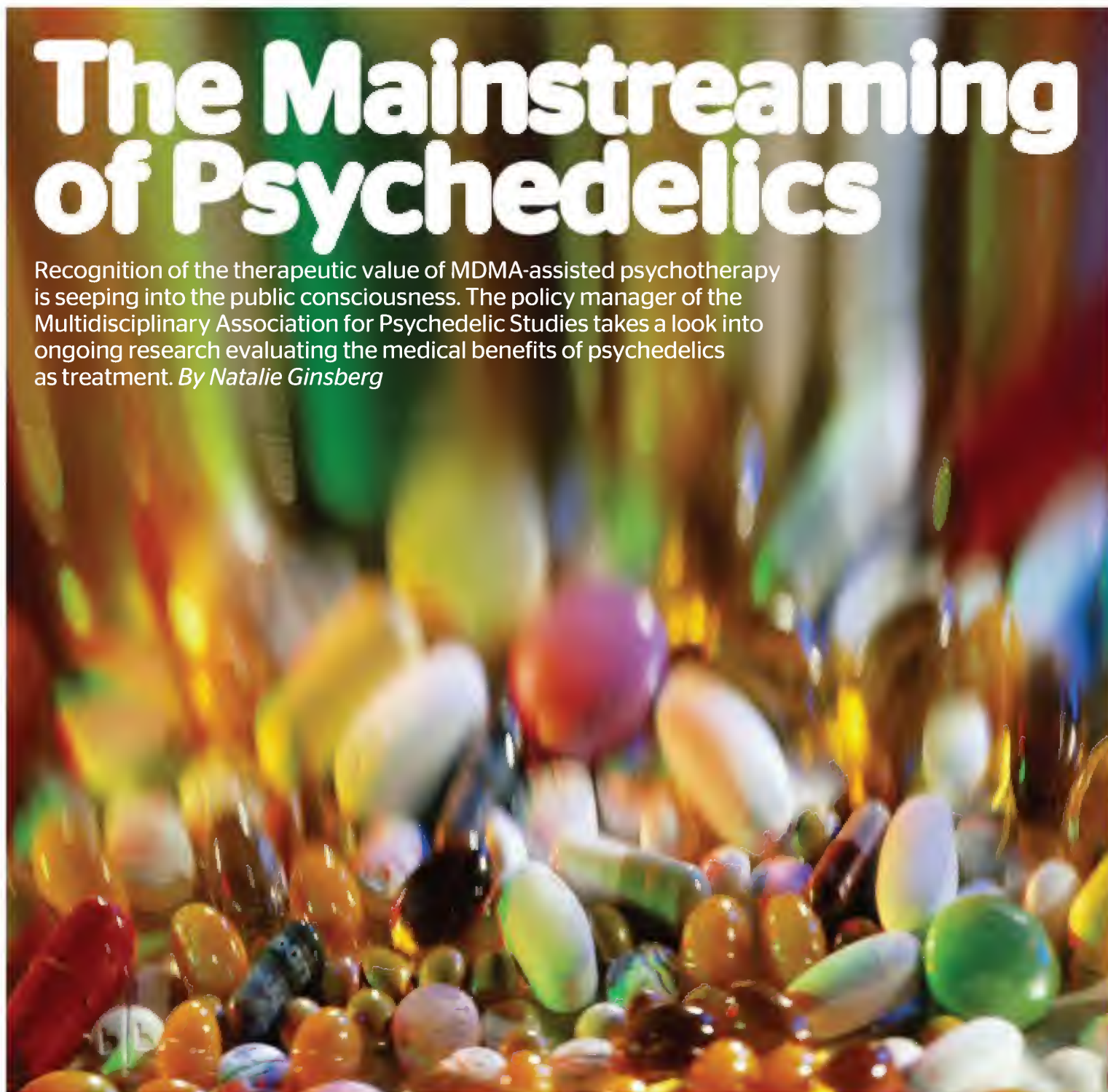
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# The Mainstreaming of Psychedelics

Recognition of the therapeutic value of MDMA-assisted psychotherapy is seeping into the public consciousness. The policy manager of the Multidisciplinary Association for Psychedelic Studies takes a look into ongoing research evaluating the medical benefits of psychedelics as treatment. *By Natalie Ginsberg*



**“W**hat brings you to Canada?” the Border Patrol asked Dr. Michael Mithoefer in the spring of 2015. Mithoefer, a psychiatrist, and his wife Annie, a psychiatric nurse, are pioneers in MDMA-assisted psychotherapy. Mithoefer had been invited to Toronto to address the largest gathering of psychiatrists in the world—the annual meeting of the American Psychiatric Association—on the results of their research into treating post-traumatic stress disorder (PTSD) using MDMA.

Needless to say, if there’s ever a time to avoid ruffling feathers with the mention of psychoactive substances, international border-crossing fits the bill. Mithoefer succinctly

explained that he was presenting his PTSD research at the APA conference.

“PTSD? Did you know that researchers are using MDMA now to treat war veterans?” the border agent asked him incredulously.

Mithoefer recounts this story to me with delight after he arrives at the APA conference. It’s a sign of how much the times are changing: Not only is the famously old-fashioned APA hosting a panel on the use of psychedelics, but a recognition of their therapeutic value seems to be seeping into the public consciousness.

Minutes later, we notice that the tagline for this year’s conference embraces the concept of holistic medicine and sounds quite psychedelic: “Integrating body and

mind, heart and soul.” The APA’s president, Dr. Paul Summergrad, even hosted a conversation with Ram Dass, the legendary spiritual teacher and psychedelic pioneer. Formerly Richard Alpert, Ram Dass conducted research with Timothy Leary at Harvard in the 1960s, which spurred him to embark on his lifelong spiritual journey. But in the decades since the backlash against Leary’s countercultural incitement to “turn on, tune in, drop out,” psychedelics have been shunned by mainstream psychiatry. So we were further amazed when, during his conversation with Ram Dass, Summergrad openly credited an early LSD trip with setting him on his life’s path in the field of psychiatry.

The mainstreaming of psychedelics, a goal often pronounced by Rick Doblin, PhD, founder and executive director of the Multidisciplinary Association for Psychedelic Studies (MAPS), seems to be well underway. MAPS is working toward that goal by developing medical, legal and cultural contexts for people to benefit from the careful use of psychedelics as well as cannabis.

Doblin founded MAPS 30 years ago, in 1986, right after MDMA was criminalized in the United States. Known at the time as “Adam,” MDMA was administered almost exclusively in therapeutic contexts when it first emerged in the 1970s. Thousands of therapists used Adam in their work; it was

of doctors, therapists and religious leaders to challenge the proposed scheduling, successfully forcing the agency to conduct a hearing. In May 1986, after almost two years of expert testimony, the DEA’s administrative-law judge ruled that MDMA should be placed in Schedule III, not I, because it had both a low potential for abuse and an accepted medical use. But in a final twist to the saga, the agency rejected its own judge’s ruling and placed MDMA in Schedule I, despite a clear lack of evidence regarding its dangers. In response, Doblin founded MAPS and began his 30-year campaign to demonstrate MDMA’s safety and efficacy as a medicine and return it to the mainstream.

report was on a different but related compound, MDA, which had been administered to rats in high and frequent doses.

Upon scheduling MDMA, the committee urged countries to pursue further research, as they were impressed by the anecdotal reports of MDMA’s therapeutic value. This encouragement by WHO is noteworthy, but since then, the organization has completely failed to promote such studies. In fact, only MAPS has sponsored medical research into the therapeutic potential and benefits of MDMA.

In April 2016, the UN General Assembly convened a special session to discuss the “world drug problem” for the first time in nearly two decades. Appropriately, these meetings took place on both Bicycle Day (April 19), the annual holiday celebrating the discovery of LSD, and the following day, 4/20. The weeklong summit certainly set an encouraging tone for the future of drug-policy reform; however, the so-called “outcome document”—which was ratified on the first day of the session, *before* any discussions had taken place—was a huge disappointment and didn’t reflect the drastic change of course so urgently needed in the War on Drugs.

Fortunately, a number of progressive-minded countries, including Canada, Mexico, Jamaica, Colombia, Uruguay and the Czech Republic, were firm on the necessity of ending the Drug War, despite the difficulties faced by some of these nations in scaling back or ending their own prohibition policies at home. Alejandro Gaviria, Colombia’s health minister, memorably concluded his speech by likening the Drug War’s continuation to Einstein’s definition of insanity: doing the same thing over and over and expecting different results.

Although the outcome document represented at least some progress, it ultimately reaffirms the War on Drugs as a way to achieve the unrealistic goal of a drug-free world. But the coalition of progressive delegates and civil-society organizations that attended the UN summit are now empowered, better connected and ready to do the hard work of reform in their respective nations. In the end, the advances made in individual countries will be the ultimate driving force for progress at the UN—not the other way around.

### Criminal Substances

The UN outcome document addresses psychedelics in three significant, if somewhat contradictory, ways: (1) by seeking to protect their “historic, indigenous” use; (2) by attempting to eliminate their recreational use through the continued criminalization of new psychoactive substances as well as all non-indigenous use; and (3) by recognizing the need to assess “the potential uses of new



MDMA could soon be approved for use by prescription.

especially popular for couples therapy and treating phobias. In 1983, a distribution network in Dallas decided to rebrand the drug as “Ecstasy” and target the club scene. Not surprisingly, MDMA has become increasingly popular ever since.

At the time, the War on Drugs was just beginning to escalate, and its accompanying mentality of fear and criminalization loomed large. When the Drug Enforcement Administration saw the growing use of MDMA, it immediately launched a campaign to make it a Schedule I substance under the Controlled Substances Act, criminalizing its use and distribution. (A Schedule I substance is defined as one with a “high potential for abuse” and “no accepted medical use.” Other current Schedule I substances include cannabis, heroin, LSD, psilocybin and mescaline.)

The DEA’s campaign inspired a coalition

### Psychedelics at the UN

Tragically, the United States has exported its destructive Drug War to the rest of the world, with the DEA leading the charge for the restrictive scheduling of MDMA internationally. In 1986, the United Nations placed it under Schedule I of the UN Convention on Psychotropic Substances, even though the World Health Organization’s 22nd Report of the Expert Committee on Drug Dependence admitted that “no data are available concerning [MDMA’s] clinical abuse liability, nature, and magnitude of associated public health or social problems.” In the very same document, WHO recommended MDMA’s placement in Schedule I because of its alleged extreme liability for abuse. However, Dr. Paul Grof, the WHO committee’s chairman at the time, objected to the scheduling due to a lack of scientific evidence: The research cited in the

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psychoactive substances for medical and scientific purposes.”

However, many member states do not accord protection to “historic, indigenous” use; only a few, including Jamaica and Bolivia, have implemented such measures. Similarly, although scientific and medical research is protected, very few member states facilitate research into these substances. The Czech Republic is a notable exception: The government recently appointed a working group dedicated to investigating the therapeutic benefits of psychedelics and is also funding psilocybin neuroimaging research.

Despite these small steps forward, the “menace” posed by so-called “new psychoactive substances” (NPS) was a favorite topic across the board. The tone of these discussions, which is unfortunately reflected in the outcome document, was eerily reminiscent of the Drug War’s hysteria-driven rhetoric.

The obsession of member states with the impossible goal of eliminating NPS keeps them from recognizing that, in fact, prohibitionist drug policies have created a huge market for them. This is why following the prohibitionist model and banning NPS is a fool’s errand: As soon as one substance is scheduled and criminalized, another emerges to replace it. Worse, many currently legal NPS are ultimately far more dangerous than the original illegal substances that inspired them. For example, legal synthetic cannabis has enjoyed increasing popularity despite its potential lethality. Cannabis, on the other hand, doesn’t pose such dangers and is therefore undeniably safer than its synthetic substitute. And yet the continued illegality of cannabis in many parts of the world means that people are turning to its potentially deadly alternative.

The United Kingdom recently passed a blanket ban on all psychoactive substances unless they’re explicitly exempted, despite sharp criticism from advocates and researchers. (One notable exception is “poppers”—alkyl nitrite inhalants—thanks to a successful protest by the gay community.) Although the UK hosted events at the summit proudly proclaiming its new evidence-blind policy, the country’s law-enforcement agencies have delayed implementing the bill because, as they rightfully assert, the ban is unenforceable: If we can’t keep drugs out of prisons, how can we hope to eliminate them from the planet?

Disappointingly, the UN outcome document recommends continued plans for monitoring and criminalizing NPS, clearly prioritizing “the capacity of law enforcement agencies to detect and identify... new psychoactive substances [and to] prevent their abuse and diversion.”



### Psychedelic Harm Reduction

MDMA provides a perfect example of the failure of prohibition policies. According to WHO, it is the third most commonly used illicit substance in the world (after cannabis and amphetamines), and its use has continued to climb despite its placement under Schedule I. Criminalization has clearly failed to serve as a deterrent and has only increased the dangers: MDMA users are forced to purchase the drug from black-market sources and, as a result, often unknowingly purchase MDMA mixed with other substances. A large number of the deaths associated with MDMA have actually been caused by dangerous adulterants.

Decriminalizing all psychoactive substances is necessary to reduce the market for new ones and to encourage practices such as drug education, sample testing, accurate dosage labeling and providing safe-support spaces without fear of prosecution—all of which have been shown to reduce the harms associated with drug use.

In the absence of such government action, a number of groups have stepped into the breach. DanceSafe sells drug-testing kits and distributes educational materials at events throughout the electronic-music community and online. The Drug Policy Alliance has launched a #SaferPartying campaign to inspire conversations about psychedelic harm reduction. MAPS has developed the Zendo Project, a safe space staffed with experienced mental-health workers at events like Burning Man. Safe spaces like these are essential for reducing the potential harms associated with psychedelics, as these drugs can often inspire intense emotional experiences. The Zendo Project’s mission also includes reducing the number of psychiatric

hospitalizations and arrests, and demonstrating that safe, productive psychedelic experiences are possible without the need for law-enforcement-based prohibition policies.

### MDMA and Mental Health

MAPS is now researching MDMA-assisted psychotherapy in three different areas: as a treatment for PTSD, social anxiety in autistic adults, and anxiety related to life-threatening illnesses. The group is also preparing a groundbreaking pilot study in MDMA-assisted psychotherapy for couples in which one partner suffers from PTSD. Both members of the couple will receive MDMA together, and they will also have neuroimaging performed before and after their MDMA-assisted psychotherapy sessions. Ironically, MAPS is able to fund these efforts as a nonprofit because governments around the world have spent an estimated \$300 million trying to demonstrate the harms of MDMA. So, as Doblin explains, MAPS has been able to “aikido” this Drug War–fueled research to save the organization tremendous research costs.

MAPS projects that by 2021, MDMA will be approved for use by prescription as an adjunct to treatments for PTSD. For more than a decade, MAPS has sponsored a series of Phase 2 studies on such treatments both here and abroad. Thus far, the results have been incredibly promising: Phase 2 data from sites in Charleston, South Carolina; Boulder, Colorado; Vancouver, Canada; and Be’er Ya’akov, Israel, indicate that MDMA-assisted psychotherapy outperforms all current methods of treating PTSD. For example, the first completed pilot study in South Carolina saw 83 percent of its participants no longer exhibiting symptoms of PTSD after just *two* MDMA-assisted psychotherapy sessions. Currently, there are only two FDA-approved medications used to treat PTSD: Paxil and Zoloft, both of which are SSRIs (selective serotonin reuptake inhibitors). These substances can help to reduce PTSD symptoms, but they rarely succeed in eliminating them. The US Department of Veterans Affairs spends as much as \$6 billion annually in disability payments to veterans for PTSD treatment.

PTSD is an adaptive coping response to traumatic experiences, which can be understood as events that cause an individual to feel profoundly endangered and deeply fearful for his or her physical safety. The sufferer re-experiences the original trauma and its related feelings repeatedly, which can make it difficult to engage with the outside world and even with family or friends. PTSD can therefore be especially hard for loved ones, both emotionally and financially. It is also highly related to depression, addiction and suicide. Some two dozen US veterans take their lives

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every day; more US veterans die by their own hand than die fighting wars.

But while PTSD is often misrepresented as solely a veterans' issue, trauma is all too common throughout the United States. One study of a low-income black community in Atlanta found higher rates of PTSD than in returning war veterans. Research has shown that communities of color—specifically black, Latino, Native American, Pacific Islander and Southeast Asian refugees—experience elevated rates of trauma. There are also high rates of PTSD among the LGBT population, sexual-assault survivors, and people in prison or formerly incarcerated.

MDMA-assisted psychotherapy enables people suffering from PTSD to understand their trauma from a broader perspective and thereby process it in a healthier way. Most PTSD treatments target the symptoms, but MDMA-assisted psychotherapy directs participants to the source of their trauma. The process also encourages a more loving and understanding view of the self and the world, and thereby helps to release feelings of guilt, shame and fear. Neuroimaging of people under the influence of MDMA show reduced activity in the amygdala, the part of the brain that processes fear. Therapists suspect that this decrease in fearful feelings allows the participants to confront their

trauma more directly.

I've had the privilege of watching many hours of video from these therapy sessions, and I've been inspired and moved by the healing and insight revealed in these tapes. Nicholas Blackston, a Marine Corps veteran who served in Iraq and is now a MAPS study participant, described his own experience with MDMA-assisted psychotherapy: "I had a profound moment—I guess it felt like a bird's-eye view of how everything went down and why it happened. I was a machine-gunner; I was supposed to take anyone out before they take us out. So [our] getting hit was my responsibility, and my driver dying weighed a lot on me. I had that guilt for the longest time. [During MDMA therapy,] I saw my whole past completely differently. It no longer became something that was haunting me."

These therapy sessions take place in cozy offices decorated with tranquil or indigenous art, perhaps a Buddha statue or two. The sofa is prepared as a bed, with extra pillows and blankets. The participant first meets with a team of two therapists for several preparatory sessions before he or she takes MDMA for three active-dose therapy sessions, which usually last about eight hours. The participant spends the night at the clinic after each active-dose session and has several follow-up meetings with the therapists, who

are also available by telephone 24/7 in the weeks following the treatments.

MDMA psychotherapists employ "non-directive" therapy. The goal is to provide a safe environment for the participant to process his or her own traumatic experience, with the therapists on hand to offer any necessary support. They may encourage participants to "go inside" and trust their "inner healing intelligence" to guide the process. The participants often choose to lie down and spend a significant portion of their eight hours "going inside" with the assistance of headphones and eyeshades. The tapes of these sessions reveal much: The participants weep, laugh (sometimes uncontrollably), dance, reach out to hold the therapists' hands and make beautiful observations out loud. Once the participants begin talking, they usually sit up, remove their headphones and eyeshades, and start working toward a new understanding of their trauma with the support of the therapists.

As Dr. Mithoefer explains: "When I worked in the ER, somebody came in with this big gash on their arm full of gravel. I don't know how to heal that—my job is to create favorable conditions for the inner healing intelligence to be able to do it. So I get the gravel out, bring the sides [of the gash] closer together, irrigate it, and then the

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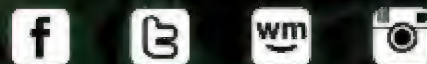
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body always moves toward healing.

“What can happen is that things get in the way: infection, not enough blood supply, a foreign body left in there. So, in a way, our job in the ER is to remove the obstacles [to healing]. I think it’s very much the same with the psyche. I think there is this movement toward healing, and there’s a lot that can get in the way of that.”

MAPS has also seen promising results with its MDMA research at the Los Angeles Biomedical Research Institute on treating social anxiety in autistic adults. One participant is now able to make eye contact with other people; another has started dating for the first time—at the age of 40. In Marin County, CA, therapists with the MAPS study on anxiety connected with life-threatening illness have reported similar results, with both the participants and their families detailing a dramatic shift for the better in their lives.

### The Global Psychedelic Community

In addition to the MAPS studies, other exciting research is taking place across the United States and around the world. Usona, associated with the US-based Heffter Research Institute, focuses on psilocybin-guided sessions to treat end-of-life anxiety. Like MAPS, Usona seeks to develop psychedelics into prescription medicine through the FDA approval

process. Heffter also sponsors other promising studies, including one demonstrating the efficacy of psilocybin sessions for quitting smoking. The Beckley Foundation, based in the UK, sponsors pioneering neuroscience research with psychedelics, most recently producing fMRI neuroimaging of individuals under the influence of psilocybin and LSD, under a team led by Dr. Robin Carhart-Harris.

There are also dozens of projects studying ayahuasca, ibogaine, *Salvia divinorum*, LSD, ketamine and other psychoactive substances. As the body of scientific research grows, it continues to help unite and empower the psychedelic community worldwide.

Beyond these research organizations, there are over 50 psychedelic groups and societies spanning the globe, from Mexico City to London, St. Louis to Melbourne, and Atlanta to Prague. These are communities of people united by a common passion, hosting lectures or gatherings to promote education and advocacy around the use of psychedelics. Psymposia recently coordinated a coalition of dozens of psychedelic societies to launch the global #PsychedelicsBecause campaign. The International Center for Ethnobotanical Education, Research and Service is doing important work developing the Ayahuasca Legal Defense Fund, to build unity and set precedents in courts around

the world dealing with ayahuasca cases.

MAPS decided to celebrate its 30th anniversary by inviting its supporters to host Global Psychedelic Dinners in order to raise funds for the organization to purchase one kilogram of pharmaceutical-grade MDMA for its research. More than 70 of these inspiring community-led events have taken place in 17 different countries, in places as varied as Bali, Goa, Guadalajara, Moscow, Ottawa and Salt Lake City.

The growing unity of the global psychedelic community reflects the movement of psychedelics toward mainstream acceptance, although we clearly have some distance to travel. Recently, the Psychedelic Society of Ireland was forced to cancel its dinner at the last minute, after the venue refused to allow it. Fortunately, the society was able to reschedule its event at a different venue and include Rick Doblin via video call. But it was an important reminder of the relative privilege that the psychedelic community possesses in its ability to speak openly about and advocate the use of these currently illicit substances. With such promising developments, both in research and in organizing, we can look forward to the day when the acceptance of psychedelic medicine grants millions of people the ability to achieve tremendous healing. ✨

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# microdosed

An everyperson's guide to hallucinogenic therapy. *By Tommy Smith*

**Like any drug fad, microdosing**—ingesting small amounts of hallucinogens over a long period of time to gain insights into creativity and psychic identity—comes surrounded by lots of lore.

*Rolling Stone* recently pegged the typical microdoser as an über-smart twentysomething curious to see whether it “will help him or her work through technical problems and become more innovative.” However, the article was notably lacking in first-person descriptions of self-administration—while dosers reported feeling “great” and “productive,” the semiweekly experience of drugging oneself with substances associated with outdoor concerts or communing with nature was left to the reader’s imagination.

Whereas Silicon Valley programmers now use microdosing to boost their output—like video-game power-ups—the practice has yet to influence other cultural subsets. Research suggests that hallucinogens can provide a useful alternative to harmful pharmaceutical

medications, delivering more positive results and literally no physical aftereffects. But the legalities of studying hallucinogens leave medical science unresolved on the issue.

Looking for guidance, I discovered that the federal government recommends conducting a 14-day preliminary study on “two different animal species (one rodent and one nonrodent)” to determine acute toxicity levels. Having used hallucinogens several dozen times already, I decided to eschew this preliminary research and conduct the experiment on myself.

Marijuana legalization proves that illegal drug therapies can only gain widespread acceptance if they take root in mainstream cultures. My goal here is to establish a rough guideline for regular people who wish to microdose. Since I’m a freelance writer, I spend my days much like coders—typing away in front of a screen—so my lifestyle is a suitable comparison to those who have pioneered this growing trend.

## Acquiring Hallucinogens

You may know how to get your drugs already. If not, you probably know someone who's been to Burning Man. Ask there first.

Having already ingested hallucinogens some 40 times in the past—in whatever amount had been pressed into my hand, at a concert or rave or hot spring—I can report that my experiences have been mostly pleasant, with some amazing visual effects (rolling clouds, moving carpets) and minor revelations about my identity (listening to eight hours of Brian Eno's *Thursday Afternoon* on a couch).

But with microdosing, the idea is to take minuscule amounts over the course of a couple weeks. And then... enlightenment? I was eager to dive down this rabbit hole.

## Mushrooms or LSD?

A number of factors make dosing with LSD problematic. One must ideally wear plastic gloves while handling LSD to prevent skin oil from nullifying the drug. The paper square—the length of an eyelash—must be cut into pieces with a razor. LSD also deteriorates under heat and light and so must be kept in the refrigerator, in an amber vial wrapped in foil.

But the idea of wearing gloves while brandishing a razor cutting drugs in the dark appeals to me as much as keeping a two-foot bong in the house. The best method of LSD dosing seems to be placing the drug in an amber vial and filling it with vodka, then waiting 24 hours before administering the oral solution via dropper. But neither method is dependable for anyone but scientists—and unless your acid is lab-tested, it's almost certainly cut with harmful substances.

Mushrooms, on the other hand, are ready to go: grown from soil, pure, and impervious to heat and light. Once the doses are separated, they can be easily transported and stored. And even without weighing, users can self-administer mushrooms using the “half-peanut” method.



I noticed a higher level of productivity while dosing. I wrote a half-dozen grant applications and worked on a handful of plays and pitches.

## Getting Started

My first dose was a mushroom chunk one-half the size of a shelled peanut (hence the name). Recommended microdoses are anywhere from 0.1 to 0.4 milligrams every two to four days. (Since the brain's serotonin levels need resetting after dosing, the hallucinogen should not be taken daily.)

I decided that 0.1 mg. every 72 hours was a safe model. I bought a milligram scale, but this turned out to be unnecessary: A half-peanut dose measured via eyeballing was always around 0.1 mg.

Of course, ideal doses will vary depending on one's weight, age and tolerance. But exercising caution is the best approach. The first couple of doses should be taken when the user feels comfortable embarking on a journey that society's mental conditioning has trained us to reject.

## Day 1

I took my first dose in the afternoon, sandwiched between two slices of banana to hide the flavor. Make no mistake: If you microdose, you will feel high—from about an hour after taking the drug through the next couple hours.

I found that my pedestrian activities were filled with great focus. I spent the afternoon cleaning house. My energy was consistent, like a fast car roaring down a desert highway. I segmented my work by grids, thinking how I would clean the bathroom while mopping the floor. I also made a butternut squash soup from scratch without really knowing I was making it.

While shaving the squash, I became aware of a secondary motivating force beneath my conscious actions. During my house cleaning, I took mental

notes on a theater project I had finished the previous week, similar to computers performing two equally important tasks simultaneously. As I fried bacon for the soup stock, I also worked through the details of an upcoming film pitch. This bifurcated focus is the slipstream of working efficiently—only rarely can I prompt this state from my non-medicated brain. The microdose is a muse you ingest.

## Day 4

I took my second dose in the late morning and worked a full day. I was excited to do more intellectual work, anticipating the experience like a concert or a movie.

Finding motivation is a big problem for writers, whose job is basically to sit around imagining what fake people say. This actually requires a massive amount of mental acuity. Creativity is only as abundant as the food you've eaten, the exercise you've had, the sleep you've gotten, the people in your life who have energized you, etc. When these factors are depleted, your clarity becomes blunted.

I noticed a higher level of productivity while dosing. I wrote a half-dozen grant applications and worked on a handful of plays and pitches, realizing gradually that microdosing pulls the shoelaces of your consciousness tight.

## Day 7

Anxiety diminishes. You become interested in the stories around you instead of pushing them away. Other people's energy doesn't exhaust you; rather, you always find the right thing to say, because your ego works in concord with the physical world. You feel no need to defend your individuality, because the distinction between outer and inner realms falls away. The other person is you.

As a writer, I find going for a walk on some days as difficult as the two-hour turning of a freighter at sea. But while microdosing on mushrooms, I

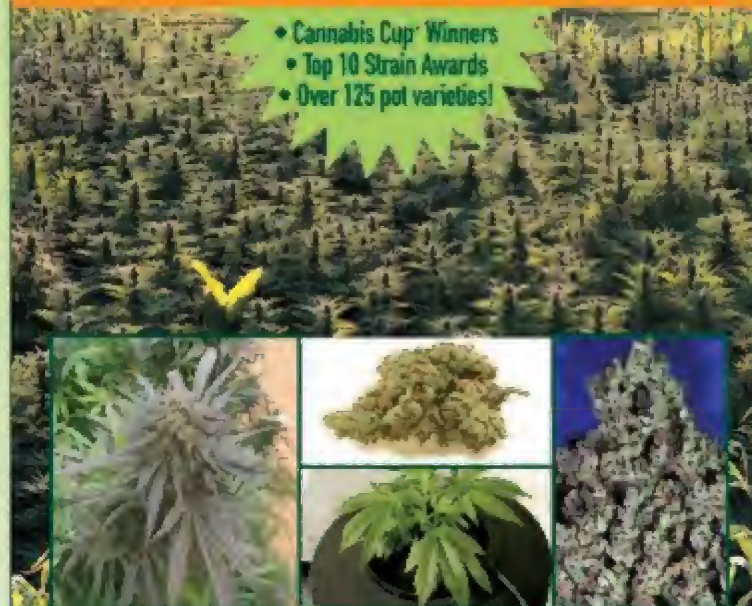
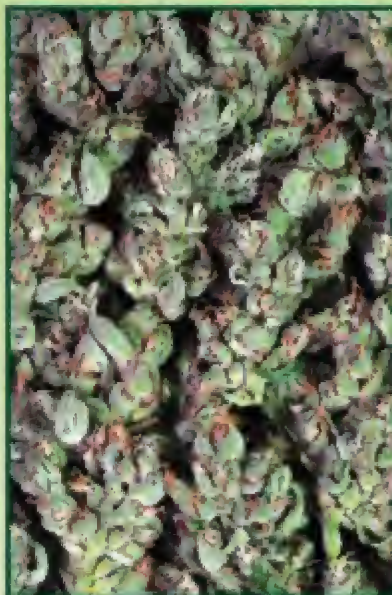
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discovered that the moment my imagination summoned an objective, it became immediately available in the real world. Thus, “go for a walk” became me walking outside before I was aware of doing it. You’re not an amnesiac on microdosing—more like an expert dancer swaying to music she’s never heard. Your body knows what to do before your mind can overthink it.

### Day 10

I took the drug in the afternoon, an ideal time to dose—the introduction of a mild hallucinogen kick-starting the brain.

Today, however, the extra energy produced by dosing made me overdo it while cycling. I almost fell off my bike while braking, skidding into a car bumper. That was because my muscles were acting efficiently, using no extra strength. So I was propelled forward, like a hose under high water pressure whipping around, before I noticed my erratic cycling.

The danger with microdosing turns out to be undercalculating the acceleration of your mental and physical processes. That acceleration may be great if you’re sitting at a desk writing code, but it can become problematic if you’re performing extreme forms of physical activity. All the same, by biking while dosing, I shaved 10 minutes off an hour-long ride.

### Day 13

A day of meetings. Once I overcame my suspicions that colleagues knew I was dosing—a conditioned anxiety quelled by breathing deeply three times while looking into a bathroom mirror—my conversations with people went better than before.

I am a hesitant conversationalist. At times, I noticeably become bored by people talking about TV shows, sports, politics, theater. But while dosing, another person’s interests become your own. You sense the right sentence before your mouth utters it. The topic of conversation doesn’t matter so much as the light in another’s eye and what it’s saying to you.

Humans, like cats, receive information through gesture. On the drug, I was able to read this gestural language like Braille. Much has been written about how mushrooms open up your “third eye,” allowing users to understand another’s thoughts without communicating verbally. This might be bullshit, but your senses do develop a laser-like focus on another person’s mood, behavior, clothing choices, hygiene and so on, effortlessly gathering information for conversations.

### Day 16

If you’ve never taken hallucinogens, microdosing might seem like a cure-all drug. After

dosing for two weeks, however, I began to wonder if it was simply the effect of getting a little high every few days. The repetition weaves a web in your consciousness that influences all of the other times you face unaltered reality. But whether this was a temporary effect of rollercoasting my serotonin with hallucinogens, or some more lasting change in my consciousness, remained to be seen.

When you’re taking hallucinogens, environment matters. Even at low doses, being confined to a rainy concrete city grid proved to be an irritant to my accelerated mental processes. Albert Hofmann, the humble Swiss inventor of LSD, talked about this as “the Setting” and “the Set”: the external and internal factors under which one ingests hallucinogens.

If you’re stressed, angry, tired or confused—or surrounded by garbage, a dirty apartment, machine noise or bad people—microdosing will heighten your negative perception of these factors. That can be exhausting, even if you’re prepared for the amplified psychological onslaught.

### Day 19

I suffer from depression. Throughout the experiment, I was keenly aware of microdosing’s effect on this condition. After taking a

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dose, I experienced alleviation from all negative symptoms for the next six hours. But afterwards, I would sometimes be assaulted by waves of deep depression.

Even so, I was able to evaluate my depressed state objectively. Like an acupuncture session or a master cleanse, microdosing

releases unresolved emotional issues buried in your consciousness. The ego here has no stake in your realizations; you must decide whether to acknowledge them or not. So I worked through complex emotional and spiritual problems without depression's resulting self-punishment. Dosing didn't dampen

the sadness—rather, negative realms slid through me without impediment, like metaphysical turds flushed from the guts of my mind.

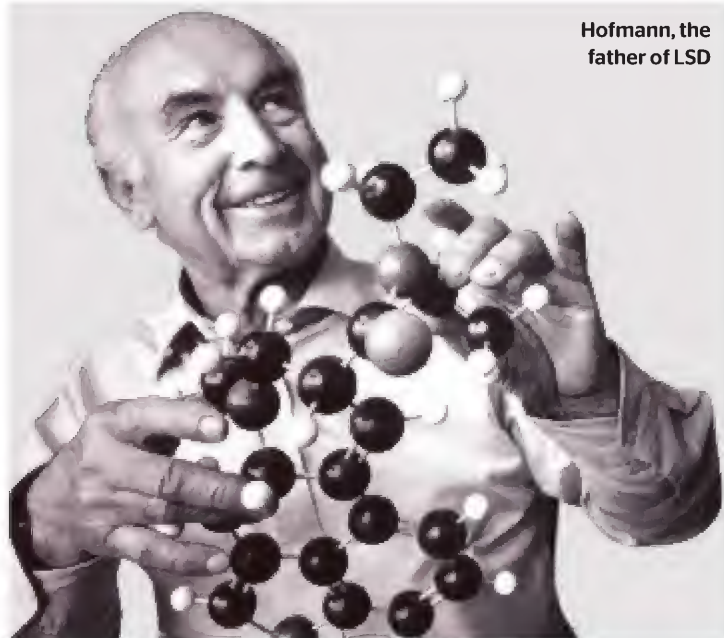
Even so, dosing for immediate symptoms of depression is not recommended. On an off day, I tried an extra dose while I was undergoing depressive symptoms—and it took until morning to be released from a minor bad trip. But overall, the symptoms of my depression improved over the accumulated days of dosing.

**Day ∞**

Albert Hofmann was history's first known microdoser, taking hallucinogens consistently until his death at 102. Hofmann attributed his long life to the realizations fostered by dosing, such as choosing to live in a natural setting outside the city, among the birds and animals. Unlike his freewheeling counterpart Timothy Leary, Hofmann advocated a balanced lifestyle as the source of true longevity.

Undertaking this type of hallucinogenic hard reset must be done seriously. You must not drink any alcohol. You must smoke very little weed. And you must be honest with yourself about the effect that the drug is having on you. Microdosing should only be explored by people who wish to "know thyself"—and are ready for any leviathans that surface during the process.

I can wholeheartedly report that my condition as a human being on the other end of my microdosing experiment has undoubtedly improved. No drug will ever cure everything, but the mental and spiritual boost of microdosing has been revolutionary to me. I am writing these words two weeks after the last day I'd planned to dose. Instead of stopping, I will continue to microdose regularly, though now I've begun to space out my "half-peanut" doses every four days. Like Hofmann, I plan to keep taking this substance as long as it remains useful to me. It has given me balance. 🌿



Hofmann, the father of LSD

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# PEACHES

## THE HIGH TIMES INTERVIEW

By AMANDA DUARTE

PHOTOS BY GRETCHEN ROBINETTE

**P**EACHES IS IN SEASON. WITH THE RELEASE OF HER FIFTH ALBUM, *RUB*, AS WELL AS APPEARANCES ON THE HIT SHOWS *ORPHAN BLACK* AND *TRANSPARENT*, AND HER SONG “BOYS WANNA BE HER” BLASTING OPEN THE INTRO SEQUENCE FOR *FULL FRONTAL WITH SAMANTHA BEE*, THE MUSICIAN, QUEER ICON, GENDER PROVOCATRIX AND PERFORMANCE ARTIST IS RIPE, JUICY AND DRIPPING ALL OVER US.

MERRILL BETH NISKER WAS BORN IN TORONTO, CANADA, AND GREW UP TO BE A GOOD JEWISH SCHOOLTEACHER. THEN, IN 2000, HER ALT-PUNK PERSONA PEACHES EMERGED AND ELECTRO-FIED THE SCENE WITH HER DEBUT ALBUM, *THE TEACHES OF PEACHES*. THE ALBUM’S BREAKOUT SONG, “FUCK THE PAIN AWAY,” BECAME A BATTLE CRY FOR A GENERATION ABOUT TO WITNESS 9/11 AND THE BUSH REGIME.

THESE DAYS, AT 47, PEACHES IS TURNING OUT SOME OF THE BEST WORK OF HER CAREER. HER NEW ALBUM *RUB* CONTINUES TO PUSH THE PINK ENVELOPE, AND SHE’S MADE CONCEPTUAL-ARTY VIDEOS FOR EVERY TRACK (THEY’RE PERHAPS THE NSFW-EST VIDEOS EVER, FEATURING ORGIES, BONDAGE AND EVEN WATER SPORTS). THE ALBUM’S POISON RING IS “FREE DRINK TICKET,” A POUNDING, PRIMAL DIRGE THAT WILL EXHILARATINGLY ENVENOM ANYONE WHO’S EVER BEEN FUCKED OVER BY A COKED-OUT, CHOWDER-BRAINED TWIT.

PEACHES IS THE REAL DEAL, A RADICAL AND DANGEROUS ARTIST WHOSE ELECTRO-POP ANTHEMS OF UNAPOLOGETIC FEMALE SEXUALITY AND LIMBER GENDERFLUIDITY CHAMPION THE ULTIMATE POLITICAL ACT: SELF-LOVE. SHE ISN’T SO MUCH SMASHING THE PATRIARCHY AS SHE IS SITTING ON ITS FACE.

WE MET UP WITH PEACHES DEEP IN THE BUSH OF BUSHWICK, BROOKLYN, ON THE FIRST WARM DAY OF SPRING TO TALK WEED, WOMEN AND SONG.

Blazing in Brooklyn



### How does weed factor into your creative process?

Weed is really good when I'm on the path to something. It's not good for me if I don't know what I'm doing yet, especially if I'm working with a new technology. But if I'm in the creative process already, then it's really good, because then it's a way for me to just get to another place where I don't have to worry about engineering myself or anything. Then I can just be ... [exhales dramatically]... *yeah*. Just helps me get away from second-guessing myself and things like that.

### Are there any particular strains that you favor for different phases?

I'm actually not that nerdy about weed—I just love Kush. That's more *indica*, right?

**Yeah.**

I like that. I like *indica*. I like just relaxing myself. I do also... *sativa* enters into my life, but I find that I babble on a bit too much for no reason at all, and sometimes it makes me a little anxious. So I prefer more *indica*.

### You mentioned edibles in *Rub*—

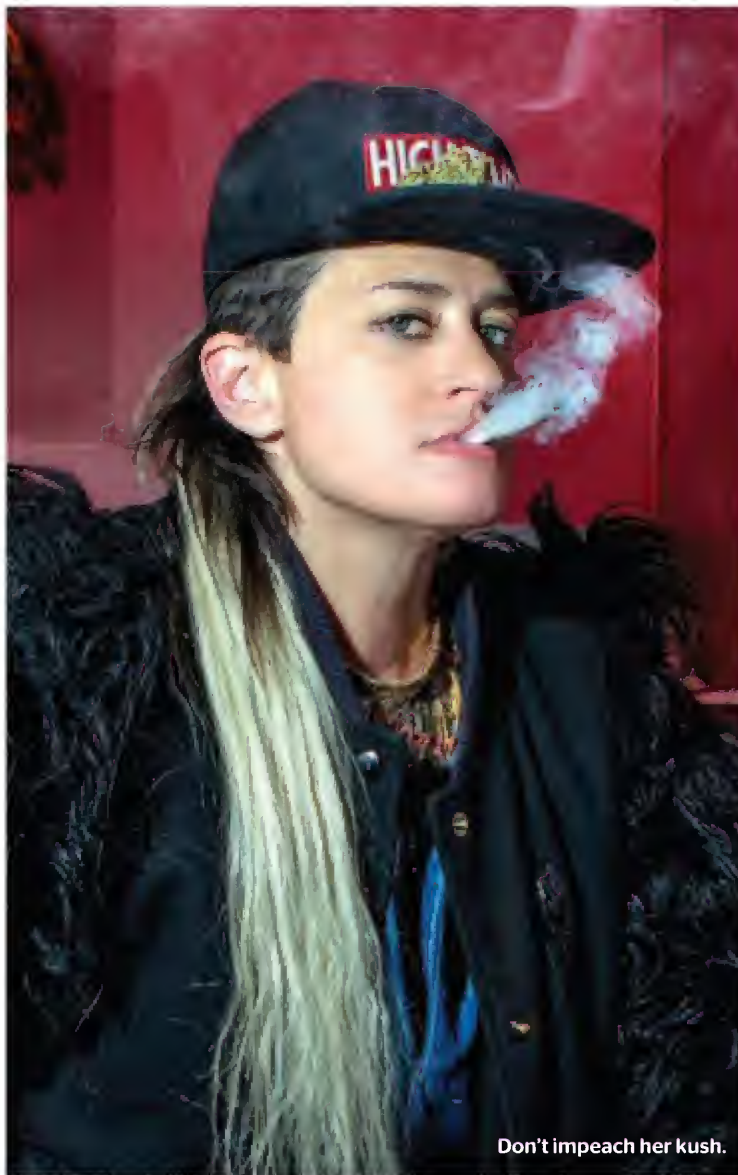
Yeah, edibles. I've got to be very careful... you never know how much is in them and stuff like that. But a little bit is fun, because I like the body high and the relaxing. It's all about relaxing for me.

### I've seen you smoking a joint while crowd-surfing. Is a joint your preferred THC delivery system?

I think habitually I like to smoke a joint, because that's what I'm used to. That's what I grew up on: smoking a joint. I also grew up on hot knives, but that's a whole different thing. But I do own a Volcano now, so I enjoy that. You know the Volcano?

**Yeah.**

So with the big bag and—which I think are different



**“I’m actually not that nerdy about weed—I just love Kush. That’s more *indica*, right?”**

highs, because you get it a different way. But I like it. I like that kind of vape more than the little vapes. I want to try Pax more, because I hear really good things about it. I'm over one-hitters.

### You live in Berlin, right? What's it like there?

Shit weed. Bad weed. *Horrible* weed. Probably made me smoke less than I ever have in my life. Though I do have the Volcano there, so—yeah, it's starting to get better, but it's amazing how bad it is. And also, Europeans—they put a cocaine line of weed in a big cigarette, and then you see this huge joint and you're

like, “Whoa, cool!” Then you smoke it and... *blech!* I can't smoke cigarettes; I've never been able to. I've tried since I was a preteen with my friends, and I just—I'm allergic or something. I get nauseous and vomit. That's a lot of information, but I get really dizzy and sweaty-headed and stuff from tobacco. So when I moved to Europe and saw everybody smoking [joints] everywhere, especially in Berlin, I was so excited. But I'd take a few puffs and then I was like, “I'm out of here, I've got to go”—because I couldn't handle the tobacco.

And then you roll... I learned how to roll the

thinnest, skinniest joints in the world, because I'd be smoking alone, weed only—because what they were smoking is probably *that* much weed in the whole thing.

### Here, we do that because we get such strong shit. If you're smoking a joint, you have to make a little skinny one, and then you and a friend share it with, like, tweezers.

Yeah, exactly. They'd be like, “Oh, that's so cute. What is that?”

### How old were you when you first started smoking weed?

Probably 15.

### Do you remember the first time?

Yeah, I do. I think it was hash, actually. And... I don't know—it was fun. It was fun, I remember. I used to smoke every day for like 10, 12 years.

### Were those the schoolteacher years?

Yes—but not with the kids. Never in the day, never with the kids. It was always like come home, like the after-school—

### After-school snack?

[Laughs]... bong! And then into the night and making music.

### How old were the kids that you were teaching?

Five or six. I had an acoustic guitar, and I would tell stories and they would act them out and things like that. But not for an audience or anything—it was just for them to learn things, but in an expressive way.

### So you would do that during the day. Then what kind of music were you making at night when you came home?

I was making folk music, because I was just learning guitar. I didn't even mean to be a musician—I just needed a job and I worked

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Peaches likes a hot box.

"I think habitually I like to smoke a joint, because that's what I'm used to. That's what I grew up on: smoking a joint. I also grew up on hot knives, but that's a whole different thing."

in a daycare, and it was very boring, so one day I brought my guitar to work and I started playing guitar for the kids and making up songs. Then they started dancing around, and then I was telling stories and they were acting them out, and then I kind of developed a method for teaching kids. So the head of the daycare saw that and had me teach teachers how to be creative with kids. I don't have a teaching degree or anything like that, but I did that and then I started to get hired by other schools: "Could you come in and be our once-a-week music and drama kind-of-movement-teacher thing with your guitar?" So I did that. I was teaching, like, nine classes a day in Canada, in Toronto, driving my little car from place to place. So I needed a big joint after that every day!

**You went to theater school, right?**

Yeah, I wanted to be a theater director. I did the

first year in theater, and then I got into a director program, which they had just started at York University in Toronto. There were five of us. I did the whole first year, and then we had the second year and there was going to be one more year. But in the second year, I actually dropped acid one night, and the next day I was like, "I'm quitting this. This is not what I want to do."

**What did you see while you were tripping?**

I just saw that it was restrictive, that I wasn't getting to do everything I wanted. I was like, "I'm not getting enough of a wide range of creativity." I didn't drop out of university; I just dropped out of the program. Then I took first-year sculpture and drawing, which... I'd never drawn in my life. I was horrible; the teacher hated me. She told me I was stupid because I'd never drawn before, and she'd be like—I'm sorry

for the accent, but she had this English accent, and she'd go, "You're stupid. What are you drawing?" Or I'd paint, and she'd yell, "Where's the paint?" I'd be like, "I don't know ... I'm here to learn." And then the second half of the program was all conceptual. Then, all of a sudden, she's like, "You're brilliant now! What happened to you?" Because, obviously, I didn't have technique, but I have creativity.

**How do you feel about psychedelics these days?**

I love mushrooms. I'm not very good at any really much harder drugs, just because the next day I can't take the come-down or the shakiness or whatever it does to me. But mushrooms, I just find that I can really let myself go. I need to be in the countryside, to be a real hippie about it—I become very one with nature or feel like I am part of nature, and I just enjoy skipping around like a nymph in the forest,



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naked and laughing and loving it.

**Have you ever performed tripping?**

I've performed on mushrooms only with my instrumental band. I remember playing the bass and wondering where the sound was coming from, if I was really playing it, if my fingers were moving. I was like, "Is this... am I doing this? I can't tell. I think sound's coming out?" You know.... It was fun, but it wasn't something I would do often. With Peaches, it's kind of the same rule as when I'm making music: I can't smoke a joint before I go onstage, because then I'd have that second-guessing thing. But while I'm playing, and if I smoke, then it's great. I think my record, one night in Frankfurt, was smoking seven joints. People just kept passing them on to me.

**For someone with such a clear vision—an ever-evolving vision, but a clear vision—you're also heavily collaborative, and that, it seems to me, is quite rare, especially in music.**

Make no mistake: I am totally a control freak.

**Whoa, okay—good to know! So you've collaborated with some of your idols: Yoko Ono, Iggy Pop, Kim Gordon... anyone left on your list that you haven't worked with? Like, a dream collaboration that hasn't happened yet?**

I never think about collaborating, actually. To be honest, Iggy Pop asked to use one of my songs and just collaborated with me on that song; then he asked me to collaborate on another song. So I just got up the courage to ask him, "Maybe you could be on my album, too?" He's like, "Yeah, write us a song." So usually these situations just come up—I don't really think about who to collaborate with.

**Do you have a shitty, stony pop-culture guilty pleasure?**

Karaoke is my go-to. I sing the *worst* power ballads.

**Such as?**

Like Celine Dion stuff, or typical things like "Total Eclipse of the Heart." Really old ones, not even—not *cool*. Those are my favorites. Like "Endless Love," things like that... especially "Endless Love." I love to survey the night and find the partner that I'm going to ask to sing that with—a person I don't know, who doesn't know me—and then be like, "Hey, want to sing 'Endless Love'?" And then try and eye-lock and sing it and lock in the harmonies. Old shit—old-lady karaoke, which I think is what my life will end up being: me in a hotel as a karaoke host, smoking weed in the back.

**I love the song "Free Drink Ticket"—a lot.**

Thank you.

**And I'm really sorry that someone hurt you so much as to inspire the song. Although I love it, I'm sorry that it exists, in a way.**

It happens to everybody. Happens to the best of us.

**It does happen to the best of us. How are you doing? Do you have any pain that still needs to be fucked away?**

I fucked it away. It's good. I'm feeling very good, thank you.

**I imagine your life to be pretty much like the "Rub" video—starting the day with an orgy in the garage, then rocking out naked in the desert, and winding down with some water sports. Would you say that that's what an average day for you is like?**

Yeah. Yeah, totally.

**Is it as much fun to be you as it seems?**

It sure is. ✨



# HEY TOKERS! IT'S TIME TO GET SERIOUS!

WITH OMAR AND HIS PALS - TODD & LANGSTON

AND IN A SURPRISING CHALLENGE TO NATIONAL MARIJUANA REFORM...

UH OH!

THIS EPISODE THAT'S THE WAY THE COOKIE CRUMBLES!

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MARIJUANA IS DEFINITELY A GATEWAY DRUG THAT WILL DESTROY THIS GREAT NATION OF OURS!

BOO!

THAT DOOSH IS GONNA BE CAMPAIGNING HERE TOMORROW!

I BET IF WE GOT 'EM TO TRY ONE OF OUR FAMOUS 'KOZMIK KUSH KOOKIES'...

YAH AND NOW YOU GONNA DO DAT, MAHN?

NEXT DAY...

SENATOR!

CARE TO TASTE ONE OF OUR FRESHLY BAKED ALL-AMERICAN FREEDOM SNACKS?

TROOP 420 SUPPORTS SENATOR CHUNKY

COOKIES FOR CONSERVATIVE FREE TO CANDIDATES

SENATOR CHUNKY! OVER HERE!

...HE'D MELLOW OUT ON THAT INSANE CANNABIS POLICY HE'S GOT!

OH YES!

THE ENTREPRENEURIAL SPIRIT IS ALIVE AND WELL HERE!

SO FELLAS, WHAT KINDA COOKIES ARE THESE?

THE GOOD KIND!

CRUNCH CRUNCH

I'LL JUST TRY A FEW! HMMMM!

HEY!

I KNOW WHAT THESE TASTE LIKE!

UH OH!

SO... GETTING BUSTED... THAT WAS PART OF YOUR BIG PLAN?

THEY TASTE LIKE...

MORE!

UHHH... I THINK YOU'VE HAD ENOUGH!

SOMETHING IN THESE COOKIES TASTES LIKE... HMMMM...

WHAT?!

I'M A B%&@! U.S. SENATOR! I'LL TELL YOU WHEN I'VE HAD ENUFF! LEANNE AT THOSE B%&@! COOKIES!

YIKES!

WOW!...DUDE MUST'VE EATEN AT LEAST TWO DOZEN COOKIES!

HADN'T REALLY PLANNED ON THAT HAPPENING!

MAYBE WE SHOULDN'T BE HERE WHEN THEY ALL KICK IN! KNOW WHAT I MEAN, MAHN?

OHHH YEAH!

LATER...

IN FURTHER POLITICAL NEWS, AFTER GIVING A RAMBLING, INCOHERENT SPEECH TODAY, SEN. CHUNKY HAS SAID HE IS DROPPING OUT OF THE PRESIDENTIAL RACE AND WILL NOW BECOME A FULL-TIME SPOKESMAN FOR SERIOUS MONKEY BIZZNESS...

I'M A PRETTY LITTLE FLOWER!

FEEL THE CHUNK!

YAY!

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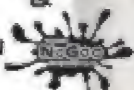


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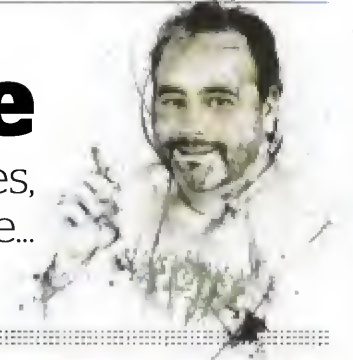
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# Expert Grow Advice

When to flush, buying buds online, flavor additives, algae formation and more...



Send your cannabis cultivation questions to @deardanko or deardanko@hightimes.com.

SUBJECT **Flushing Meadows**

FROM: **Vincent**

🌿 My problem is not knowing exactly when I'm two weeks away from harvest so that I can quit feeding my plants and flush them with plain water. I have no reference for telling how long it takes them to go from clear trichomes to milky-white ones—or from all white pistils to 25% red ones. For example, I've read that for White Widow, the flowering period is eight to 10 weeks—but is that counting from when you first induce flowering with a 12/12-hour light schedule, or from when the first flower actually appears?

Dear Vincent,  
The flowering stage begins the moment you change the light cycle to 12 hours on/12 hours off. So, for your White Widow, you should begin the two-week flushing period somewhere from six to eight weeks, based on your statement that it will be ready to harvest after eight to 10 weeks of flowering. Even if you err on the side of caution and begin the flushing process a week too soon, it's not the end of the world: You'll simply have a slightly longer flush and may experience fall colors on your leaves, but the end result will be a cleaner-burning product.

Buds are considered ripe when the trichomes turn from mostly clear to mostly cloudy, with some amber ones. Don't worry about the colors of the pistils (or hairs), because that isn't the most reliable way to determine when to harvest your plants.



Harvest when trichome gland heads turn from clear to cloudy.

*Danko Tip:* Use a small mirror attached to the end of a stick to easily examine the undersides of your leaves for signs of pests.



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**SUBJECT: Buying Buds Online**

**FROM: Zachary C.**

🌿 I've noticed there are lots of online weed sales these days. I'm interested in making a purchase, but have yet to do so for fear of losing my money. How safe is it? Any thoughts or recommendations would be greatly appreciated. Thanks from Florida!

Dear Zachary,  
I strongly recommend that you do not purchase cannabis online. There are far too many scam artists posting, which means there's simply no guarantee that you'll get what you ordered or that you aren't giving your information to law enforcement or hackers. You're much better off either growing your own or finding a good "real life" connection than throwing caution to the wind and ordering pot via the Internet.

**SUBJECT: Light Switch**

**FROM: Tod W.**

🌿 Should I switch my grow light from 24 hours on to 12 hours on over a gradual period of time, or should it happen overnight?

Dear Tod,  
I don't see any benefit in stretching out the time it takes to change your light from a vegetative schedule to a flowering one. My recommendation is to switch to 12/12 overnight whenever you're ready to begin the budding process. Some people do argue that it's better to change the light schedule gradually, but I don't buy it.

I also don't advise giving your plants 24 hours of light for their vegetative stage. Plants need at least a few hours of downtime in the dark to process the

light, water and food they take in during the day. I recommend 18 to 20 hours of light for the vegetative stage.

**SUBJECT: Adding Flavor**

**FROM: Coy**

🌿 I've been reading your articles in *HT* for quite a while now and have received a lot of great tips and grow advice. But I was wondering if you've ever experimented with adding flavor extracts to your crop to obtain a specific taste or enhance one that was already there? I've done some research on this myself but have seen a lot of mixed results, so I figured why not ask a true professional.

Dear Coy,

When great cannabis genetics are grown out properly, there's no need to add flavor extracts. Quality marijuana tastes amazing on its own and produces over 100 terpenoids and flavonoids with many different scents and flavors ranging from subtle to smack-you-in-the-face strong. So I see no need to add anything to a pot crop in order to enhance its flavor—in fact, it's absolutely unacceptable, as far as I'm concerned.

**SUBJECT: Year-Round Auto-Flowering**

**FROM: BurnBomb420**

🌿 I'm 26 and have been an MMJ patient since 2006 for degenerative joint disease and severe spasms. Lately, my health has improved enough that I'm back outside and active, so I'm ready to start my first medical garden. My question is: Would it be possible (or worth it) to invest in some good auto-flowering seeds so that I can produce medicine all year round?

I live on a 100-plus-acre ranch in the suburbs of Los Angeles, so outdoor/organic is the only way I want to go. My plan is to grow the autos during the off-season, then eventually start some bigger girls once the light cycle is right. I specifically want to grow the autos for producing RSO [Rick Simpson Oil] or concentrates as well as tincture.

Dear BurnBomb420,  
You can certainly invest in auto-flowering plants if you wish. You also can grow out regular or feminized seeds if you



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*Danko Tip:* Acclimate seedlings or clones being moved outdoors by placing them outside for a few hours per day for the first week or so.

take several factors into account. In fact, by using light-deprivation techniques, you can grow whatever strains you want at any time of the year in your region.

“Light deprivation” means exactly what the name suggests: depriving your plants of light to maintain a 12-hour-on/12-hour-off schedule for flowering. The same process can be used in reverse, by adding supplemental lighting to a greenhouse in order to extend the light cycle and keep your plants in their vegetative stage indefinitely.



Cube Caps cover rockwool to prevent algae.

SUBJECT: **Algae Bloom**

From: **Al**

I have a grow space indoors that's walled off from the rest of my house, and the climate is controlled by a window AC unit. I just set this area up, and for some reason algae has started to form in my germination box and on the top layer of soil in the pots. This has never happened to me before, and I assume it's because of the wall unit, but I'm not sure. Also, if algae forms, I'm afraid that conditions may be ripe for mold to grow as well. What's causing this to happen? Is it dangerous to the plants—and to me if I smoke them? And should I change the setup/location because mold may start growing as well?

Dear Al,  
Algae forms where light meets moisture. If you cover the surface of your pots and germination box, you'll see a huge decrease in the amount of algae that grows in your space. Use some sort of opaque material to cover any surface area around the main stem of your plants. No light means no place for algae or molds to grow.

SUBJECT: **Midway Flush**

FROM: **Phresh Obsessed**

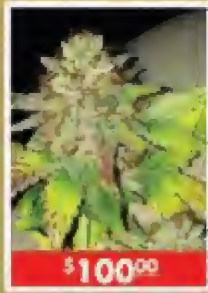
I've been working to master the art of growing, and I'm almost at 1 gram per watt. Quality has always been a top priority for me, so I



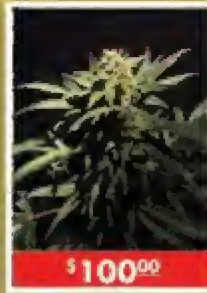
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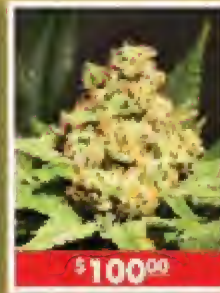
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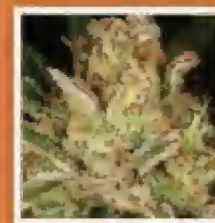
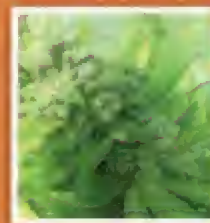


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Seriously Sour – Auto-Flowering | Shosholaza Meyl – Auto-Flowering  
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want to take it to the next level. My room is probably cleaner than most operating rooms. I've been supercropping and ScrOGing, which helps me get huge yields while keeping my plant count down. My veg takes about two months to get a perfect 3' x 3' canopy per plant. Each plant has its own 600-watt light, and my environment is completely dialed in.

Now for my question: Because of the extended veg time, I'm contemplating doing a thorough flush of my soilless mix a week or so before I flip my lights to 12/12. The dilemma is that my reverse-osmosis water rings in at about 10.5 on the pH scale. Am I safe to flush with water this high on the scale, or do I risk locking out nutes in the future? Please shed some light on nutrient lockout and why my midway flush should or shouldn't be pH-adjusted.

Dear Phresh,

While it's not a bad idea to flush your plants between the vegetative and flowering cycles, you certainly shouldn't do it with water with a pH of 10.5. That's far too high for any kind of use on marijuana plants, so please lower the pH to 6.5 or so before using it in your flushing process.

Normally, I wouldn't recommend a mid-grow flush, but with a vegetative time of two months, your mix has a much longer time than usual to become overloaded with nutrients. Washing away some of the excess salts will allow you to head into the flowering stage without a huge buildup of plant foods in the medium, but you certainly have to regulate the acidity or alkalinity of the water at all times, including during the flush.

SUBJECT: **By the Time I Get to Colorado**

FROM: **Joe M.**

Hey Danny, I recently read your response to Jeremy D. from Texas regarding his heat issues. While your advice to cool his temps was spot-on, you then for some reason told him to move to Colorado. What the fuck, man—why would you do that? Traffic is fucked, the rent is too damn high, and the influx of douche-nozzles has been tremendous. Please, for the love of God herself, stop telling people to move here. Keep Texas out of Colorado!

Dear Joe,

Wow! You seem a little annoyed by the influx of people moving to the great state of Colorado. My advice to Jeremy was based on the fact that he could end up spending years in a Texas prison for doing exactly the same thing that he could make a legal living doing in Colorado.

I understand you may have a problem with the rising cost of living you're experiencing, but try to see the bigger picture. People are moving to Colorado (and the other legal states) in order to treat their own, or their child's or loved one's, medical issues. Veterans are relocating to heal themselves from PTSD and brain injuries. Growers who've hidden in the underground market for years are now free to come out of the shadows and ply their trade.

In the grand scheme of things, this reefer-refugee movement is a great development. Eventually, as more states legalize, the pressure on Colorado (or Washington, Oregon or Alaska) will decrease and people will flock to other places—but for now, some slight inconveniences for the locals are far outweighed by the greater good to our expanding community and industry. ✨



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# FLOWER VAPES!

1



3



2



4



## Hot Products

What's new for cannabis cultivators and connoisseurs

### 1 V2 Pro Series 7

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[v2cigs.com](http://v2cigs.com)

Vaporizer manufacturers constantly update their products to adapt to consumer demands. The new Pro Series 7 from V2 expands on their original Series 3 to accommodate people interested in vaping flowers instead of oil. The unit provides three temperature levels and heats up in 30 seconds. Magnetic connections for the cartridges allow you to switch easily from flowers to waxes and oils.

### 2 Flowermate V5.0S Pro 3-in-1

\$129.95

[vapevetstore.com](http://vapevetstore.com)

Vaporizers for flowers need to heat up quickly or they'll get relegated to a drawer and forgotten. The latest model from Flowermate, the V5.0S Pro 3-in-1 is an affordable unit that reaches operating temperature swiftly and has a ceramic-lined heating chamber and Pyrex glass mouthpiece. The digital readout and the long battery life will keep you vaping all day.

### 3 Pax 2

\$279.99

[paxvapor.com](http://paxvapor.com)

If Apple designed a vaporizer, it would look and feel like the Pax 2 from Ploom. This slim, discreet and compact unit, intuitively "knows" when it's near your lips and keeps your flower material cool when you're not vaping. An LED indicator displays the temperature level and battery life (and the battery seems to just last and last), and the Pax 2 is also super-easy to clean and charge.

### 4 The Crafty

\$399

[storz-bickel.com](http://storz-bickel.com)

From the giants who brought us the Volcano and the Plenty comes the Crafty, a handheld vape that utilizes lithium-ion battery power and convection heating for an incredible flavor experience. The precise temperature control ensures the proper level of heat, and a free Bluetooth app allows you to monitor temps and operate the unit from your smartphone.

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# Edibles



Get  
gourmet  
with your  
ganja  
brownies!



## Heath Bar Brownies

These gourmet goodies up the ante for stoner sweets.

— By Jeff the 420 Chef —

This is my most popular dessert, with good reason: It's a simple, chewy chocolate brownie made with cookie butter, roasted almonds, a Heath bar, chocolate... and cannabis! Use an ice-cream scoop and "mini" baking mold for 24 equally dosed brownies.

**Cooking spray (I prefer butter-flavored)**  
**3 sticks grass-fed butter, melted**  
**1 stick creamy cannabutter, melted**  
**3 cups raw cane sugar**  
**1 tbsp. vanilla extract**  
**4 eggs, lightly beaten**  
**1½ cups all-purpose flour**  
**1 cup unsweetened cocoa powder**  
**1 tsp. salt**

**1 cup semisweet chocolate chips**  
**½ cup roasted and lightly salted almonds, crushed**  
**1 cup Speculoos cookie butter**  
**1½ cups melting chocolate, two different colors (1 cup for the base color and a half-cup for deco-drizzle)**  
**Paramount Crystals**  
**4 Heath bars or similar, crumbled into pieces**

Preheat the oven to 340°F. Lightly grease a 9" x 13" brownie pan. Next, combine the melted butter, melted cannabutter, sugar and vanilla in a large bowl. Beat in the eggs, one at a time, mixing well after each until

thoroughly blended.

Using a flour sifter, sift the flour, cocoa powder and salt into a separate bowl. (It's important to actually sift these ingredients instead of just tossing them together in the bowl.) Then gradually stir the dry mixture into the butter mixture until blended. Add the chocolate chips and almonds. Spread the batter evenly on the prepared baking pan. Bake 35 to 40 minutes, until a toothpick inserted into the center of one or two of the middle brownies comes out clean. Remove, then cool the pan on a wire rack before releasing the brownies.

Cut into 24 equal pieces. Spread a layer of Speculoos cookie butter on top of each brownie and refrigerate uncovered for 30 minutes.

In a medium Pyrex bowl, melt the chocolate for your base color with a pinch of Paramount Crystals for 20 seconds in the microwave. Stir well. Microwave again for 10 seconds. Stir briskly until smooth and creamy.

Next, insert a small fork into the side or bottom of a brownie. Dip the brownie in the chocolate, and use a small spatula to ensure that it's evenly coated. Set the coated brownie on parchment paper. Repeat this process with the remaining brownies. Sprinkle the Heath bar crumbs on the brownies while the chocolate is still warm.

In a clean bowl, melt the chocolate for your decorative color with a pinch of Paramount Crystals for 20 seconds in the microwave. Stir well. Microwave again for 10 seconds. Stir briskly until smooth and creamy. Swizzle the melted decorative chocolate over the brownies, and voilà! ✨

### THE 420 GOURMET: THE ELEVATED ART OF CANNABIS CUISINE

Experience the joys of cooking with cannabis with this handy guide from Jeff the 420 Chef. Considerable information on accurate THC dosing is included, allowing those at home to cook with confidence!



The recipes include this game-changing brownie, along with gourmet fare like poached salmon, sautéed zucchini-leek spaghetti, beurre blanc and parsleyed potatoes.  
 Jeffthe420chef.com

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# Sensi Sodas

Adding THC to soda pop gives you a sparkling substitute for alcohol that kicks in quickly. *By Elise McDonough*



### LEGAL RAINIER CHERRY

This cheery beverage from Mirth Provisions in Washington State uses real fresh cherry juice paired with a cannabis extract for a fun, tasty way to medicate. The 20 mg. of THC it delivers means that you'll be relaxed and giggly, but not overwhelmed. [Mirthprovisions.com](http://Mirthprovisions.com)

### NANA'S SECRET SODAS

Available in Washington State, Nana's line of THC sodas include nostalgic flavors like Orange Crème, Lemonade and Root Beer. The recreational versions include 20 mg. of THC, while medical patients can obtain a 40-mg. version. [Nanasecret.com](http://Nanasecret.com)

### SPRIG

The refreshing, citrus-flavored Sprig contains 45 mg. of THC that takes effect in as little as 30 minutes. Available in California, this soda uses CO<sub>2</sub>-extracted cannabis oil to create a consistent dose every time. [Drinksprig.com](http://Drinksprig.com)



### WILD BERRY LEMONADE

Dixie Elixir's new Wild Berry Lemonade, available in California and Colorado, contains 90 mg. of THC per bottle. With a handy dosing cap, it's easy to imbibe measured doses of 10 mg. in each 30-milliliter swallow. [Dixieelixirs.com](http://Dixieelixirs.com)

### BUBBA KUSH ROOT BEER

A Cannabis Cup champion, Bubba Kush Root Beer from Keef Cola perfectly hits the 100 mg. THC mark, making good on the label's claims. This Colorado company offers a diverse product line, with Orange Kush, Purple Passion, Blue Dream and other flavors available in either 10 mg. (recreational) or 100 mg. (medical) doses. [Keefcola.com](http://Keefcola.com)

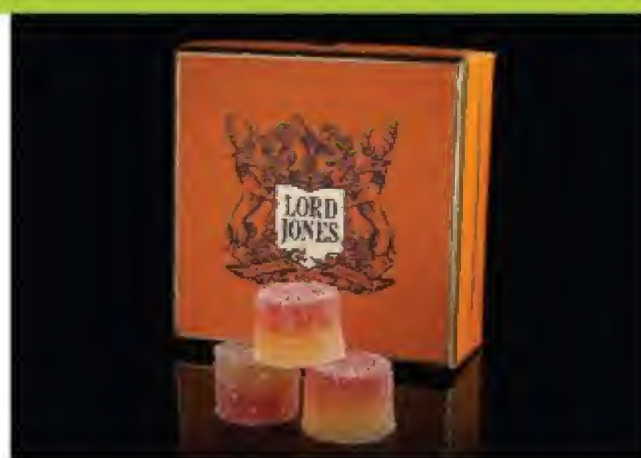


### They Put Pot in What Now?!

## Weed "Cheetos"

A homage to a well-loved stoner snack, these THC-infused cheese puffs taste exactly like you'd expect.

Despite the obvious implications of a copyright-infringement lawsuit, these knockoff parody "Weetos" brought a smile to the face of every person who tried one. The creator of these tasty treats claims that the packaging will soon be redesigned, removing the stoner-cheetah cartoon character so as not to appeal to children, so look for a more responsibly packaged version of these crunchy, cheesy, weedy treats at a dispensary near you. Containing 150 mg. of THC (which the packaging equates to seven doses of 21.4 mg. each), Weetos aren't exactly a healthy way to medicate, but more of a novelty designed to go viral. Cannamon Crunch and Froot Poofs medicated cereals are also available. Instagram: [@bakedgoodsweetos](https://www.instagram.com/bakedgoodsweetos)



### Flavor of the Month

## Ganja Gumdrops

These low-dose gumdrops deliver high-end perfection for new users of edibles.

Arriving on the scene in luxurious packaging with the tagline "For Your Royal Highness," these delightful ganja gumdrops are designed to appeal to discriminating heads. Nine naturally flavored gumdrops contain 10 mg. of THC apiece, making it easy to decide how many to eat. Sweet and deliciously fruity, with only five simple ingredients, Lord Jones's gumdrops make for a very gourmet ganja-gift option. The reviews from High Times Cannabis Cup judges were uniformly positive: "We all adored these gumdrop candies, and appreciated that they were flavored and colored naturally." Instagram: [@thelordjones](https://www.instagram.com/thelordjones)

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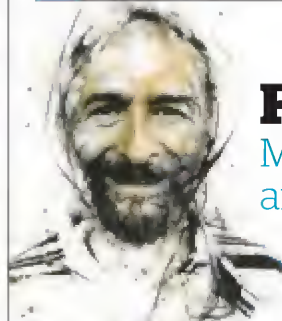
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Got a question for Dr. Mitch? Email him at [420research@gmail.com](mailto:420research@gmail.com).



What's the word on cannabidiol helping in organ transplants?

*Christiaan Barnard*

Hi CB, CBD does limit the inflammation associated with the immune reactions and injuries that are common in organ transplants, but that's in mice. We're still a long way from recommending a joint of Harlequin before a heart transplant.

Does vaporizing cannabis decrease tobacco smoking? If so, how?

*Nick O'Tine*

Yo Nick, Data from my lab and a letter to the editors at a major scientific journal suggest that folks who use a cannabis vaporizer do decrease their cigarette smoking. I imagine that anyone smoking a cigarette after going to all the trouble of vaporizing the plant would feel like an idiot.

Do antidepressants help treat problematic marijuana use?

*Tyron Hard*

Hi Ty, Fluoxetine (Prozac), venlafaxine (Effexor) and buspirone (Buspar) have all failed. Not the best idea to use them. In fact, I don't think antidepressants are good treatment even for depression in the long term.

What's the idea behind individual "marijuana licenses"?

*Warren Piece*

Hello Warren, Policy wonks have suggested that we could show a license every time we purchased cannabis products, potentially limiting how much we could buy in hopes of minimizing problematic use. Opponents of the idea emphasize that the arrangement seems like creating a lot of trouble to sidestep minor problems. They also point out that comparable arrangements for alcohol and tobacco would seem only fair. 🌿

Can cannabis help menopause?

*Barry Allen*

Hi Barry, Data from my lab suggest yes and no. It's good for joint pain, irritability, sleep problems, depression, anxiety and hot flashes. Unfortunately, other aspects of menopause don't benefit, including exhaustion and vaginal dryness. (I don't think anyone really thought it would help with vaginal dryness, but we had to measure it because it's common in menopause.) Many women have praise for an edible before bed to keep hot flashes at bay. It's probably a lot safer than hormone replacement, too.

*Dr. Mitch Earleywine, PhD, is the author of Understanding Marijuana and The Parents' Guide to Marijuana.*





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## Better Living Through Dabbing

The “lazy stoner” stereotype is the vestige of another era. It’s time to embrace THC as part of a highly productive lifestyle. *By Craig Coffey*

**T**HOSE OF US who went to school back in the days of DARE remember how the program tried to trick you into thinking that smoking pot would prevent you from achieving your dreams. The fact is, when used properly, cannabis can supercharge the pursuit of your goals. And hey—if you use THC to take on a challenge and fail, at least you still caught a cool buzz. In fact, a strong hash buzz can put you in touch with a world of possibilities. If you can dream it, you can do it. And if you can do it, you can also do it while being very stoned.

Here are a few ways that you can use dabbing to positively modify your behavior, enforce good habits and become an all-around more productive person.

**Do the things on your to-do list:**

This is how organized people get shit done. It’s a super-obvious formula: Make a list, do the things on it, repeat. The easy part is making the list—we all know the things we should be doing. The hard part is scratching items off the list. And that’s where dabs come in. Make a list and then do a dab every time you scratch something off it. Pro-tip: Stack the list with a few super-easy items so you can get high and be productive even when you don’t feel like doing shit.

**10/100:** Most of us wish we were in better shape, but not many have the discipline it takes to maintain a strong physique. On the other hand, most of us love doing dabs all day and totally have the discipline it takes to maintain a strong buzz. That’s

where 10/100 comes in: It combines dabbing and working out. Every time you do a dab, also do 10 push-ups. If you do 10 dabs and 100 push-ups a day, you’ll be ripped in no time—and ripped the whole time.

**The Dab Diet:** Smoke hash to lose weight? Yes, you can! Start your day with a healthy

breakfast—proper nutrition is a key part of long-term weight loss. For the rest of the day, every time you feel hungry, do a dab instead of eating. You can use the power of THC to distract you from your hunger. And you can use the extra high time to meditate and focus on your life goals.

**710 Club:** The early bird gets the worm—but waking up that early really sucks. Solution? Become a 710 Club member and do a dab at 7:10 a.m. and 7:10 p.m. every day. That means you’ll be awake, high and happy by 7:15 a.m., tops. Waking up early to go to work is a drag, but waking up early to do a dab before work isn’t too bad at all. And if you *really* need to get up early, then consider joining the 420 Club. ✨



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# Grading the Pot Policymakers

NORML releases its Congressional Scorecard for cannabis-law reform.

Allen St. Pierre is executive director of NORML. Visit [norml.org](http://norml.org).

**B**ACK IN THE 1980s and '90s, the principal reasons that the public contacted NORML was to solicit assistance after being busted for pot, or for info on how to pass a drug test. Now the question we're asked daily is: "Who should I vote for to change marijuana laws?"

To date, there has never been a comprehensive review or database available to grade members of Congress on their support for marijuana-law reform. Recent Gallup polls indicate that 61 percent of American adults now believe that "the use of marijuana should be made legal," while 67 percent of voters think that the states, not the federal government, should be the ultimate arbiters of marijuana regulatory policy. So where do your own elected officials stand?

NORML's brand-new Congressional Scorecard is a comprehensive database that assigns a letter grade (A through F) to members of Congress based on their marijuana-related comments and voting record. Among the 535 members of the 114th Congress:

- 312 members (58 percent) received a passing grade of C or higher (258 representatives and 54 senators);
- 19 members (3.6 percent) received an A (17 representatives and two senators);
- 37 members (6.9 percent) received a



A report card for lawmakers

failing grade (20 representatives and 17 senators);

Of the 233 Democrats in Congress, 208 members (89.3 percent) received a passing grade of C or higher;

Of the 302 Republicans in Congress, 102 members (33.8 percent) received a passing grade of C or higher.

Notably, the states with the most supportive members of Congress are also the states where voters have led the way in legalizing and/or medicalizing cannabis. The congressional delegations of the West Coast and New England states are the most progressive on substantive

cannabis-law reform, while those of the South and Midwest are the most resistant. As usual, support for cannabis-law reform among Republicans is markedly lower than among Democrats.

The launch of the NORML Congressional Scorecard on April 20 was well received as an example of using our unique holiday to advance serious reform efforts rather than as merely an opportunity for celebration and indulgence. That may sound harsh, but keep in mind that some 700,000 cannabis-related arrests still occur every year—90 percent for possession alone.

And members of Congress are paying attention. Numerous members of the House and Senate contacted NORML shortly after the Scorecard's release, upset that they didn't receive higher grades; in their view, they do support one kind of cannabis-law reform or another. (At this point in the long history of reform efforts, these are the types of errors one can look forward to correcting!)

So what can you as a citizen do? Make sure you're registered to vote, and then vote for reform initiatives, pro-pot laws, and politicians who favor bringing an end to cannabis prohibition. 🌿

Read the entire Scorecard at [norml.org/congressional-scorecard](http://norml.org/congressional-scorecard).

## FREEDOM FIGHTER

By Kevin Mahmalji, NORML national outreach coordinator

### Woman of Wyoming

A great-granddaughter of the Cowboy State pushes for medical cannabis.

Carrie Satterwhite is a fourth-generation Wyomingite, so she's no stranger to the state's conservative idealism. But that hasn't stopped her from becoming one of Wyoming's most outspoken advocates for the Peggy A. Kelley Cannabis Act. If voters pass this ballot initiative, it would allow the retail sale

of medical marijuana and cannabis-infused products to patients with certifications from a physician. Advocates are hoping to collect more than 25,000 signatures by next February in order to qualify the initiative for the November 2018 ballot.

Carrie joined Wyoming NORML's board of directors last December; she's now the organization's secretary and event coordinator. What started out as a few courageous activists in the



state has grown into a real movement, and Carrie has done her fair share to educate the public: She leads volunteers and routinely engages legislators, attorneys, law-

enforcement officials and other public figures in a discussion of marijuana-law reform. She has also organized town-hall meetings and other daily events throughout the state to collect signatures.

Wyoming NORML capitalized on the excitement surrounding

this election year to gather 1,200 signatures for the initiative during the state's Democratic caucus. Their work is paying off.

"Most people here are conservative," Carrie says, "but they believe in 'live and let live.' It's the Old West atmosphere. Putting yourself out there for the entire world to see when everyone is talking about 'the potheads' isn't easy. But the thinking is starting to change—with a little education and lots of courage from NORML members."

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**When did Cali get underway?**

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**There are so many seed companies getting into the business these days—how do you account for your continued success?**

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**You've won a number of Cannabis Cups. What are your most popular strains?**

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Black Water... our Larry OG keeps cleaning up at the Cups. We're experimenting with new genetics, intertwining new breeds.

We are working on new strains that we plan to release at future Cannabis Cups this year and in 2017.

**What's the most common complaint you encounter running a seed company?**

Germination—and that's from lack of knowledge. To counteract this, we've actually gone online and provided specific info on how to germinate your seeds. With every purchase, we send people a nice infographic card. As cannabis becomes more legal and less restricted, more people are trying their hand at growing. We try to simplify this whole thing for everybody and eliminate a lot of the troubles that new growers may have. We stand behind our genetics 100 percent.

**Do you replace seeds if people have problems?**





Checking out new strains in an LED growroom (Below) Six-packs of seeds ready for shipping

Absolutely. However, we see people buying 100 seeds and telling us that, like, 98 popped. And then I get people who buy a pack and nothing happens. In cases like that, it's probably the grower. We try to educate our customers in terms of what type of plants to grow in their location. On our website, we've posted the USDA's Plant Hardiness Zone information. We tell people that if you live in a certain climate, you should be growing these types of strains. It takes a lot of guesswork out of it.

**Is there a section for customers to post comments on your website?**

Yeah, and it's been great. People say, "I love your stuff... thanks for the fast shipping!" They're shocked because they've been buying from Europe for so long, and half the time they don't receive it or it's crazy expensive. People are like, "I wish I'd come to you first." People can buy directly from us, in



the state of California, at only \$60 a pack. In Europe, it can be double that.

**What are the difficulties of doing work in California?**

The laws hinder us; they're lax in terms of specifying what we're allowed to do... the gray area. Legislators and politicians need to get their act together. But the California cannabis industry should turn into something huge. When this state legalizes, I think it's going to set off a whirlwind of craziness throughout the industry.

**How do you work in a gray area?**

Carefully... with lots of attorneys. We get as much documentation [as we can] in terms of what the state wants. We follow the guidelines that have been put forth and do what's recommended to us by our attorney. That's the best we can do, at this point.

**What's your 10-year plan for the company?**

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on our current legalization standards and everything, California alone will be a multi-billion-dollar industry annually. And we're in a solid position with some of the farms that we've acquired in Northern and Southern California.

**Your CEO, Tony Testa, says that you're trying to be a nicer guy.**

Well, I'm a very forward individual. I speak my mind—I'm not shy. I'm Italian, and we're passionate people [laughing]. I mean, that's just the truth: We put our blood, sweat and tears into what we do. Lately, I've tried to bury a lot of hatchets in this business. I've learned not to be so abrupt; I try to pace myself a little bit—slow it down, you know? The fact is, we don't worry about competition. We're too busy to worry about it. ●

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Swerve always rocks the Cannabis Cup, causing massive booth traffic.

# MEDICAL MARIJUANA DIRECTORY

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FROM **DANNY DANKO**



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Growing your own marijuana can be both a liberating and political act. In this pot-cast, *High Times* Senior Cultivation Editor and author Danny Danko provides news, activism reports and cannabis cultivation tips for connoisseurs, aficionados and medical patients alike.

## BONUS

Interviews with expert growers and professional seed breeders. 'Strain of the Week' and ganja frowing questions & answers.



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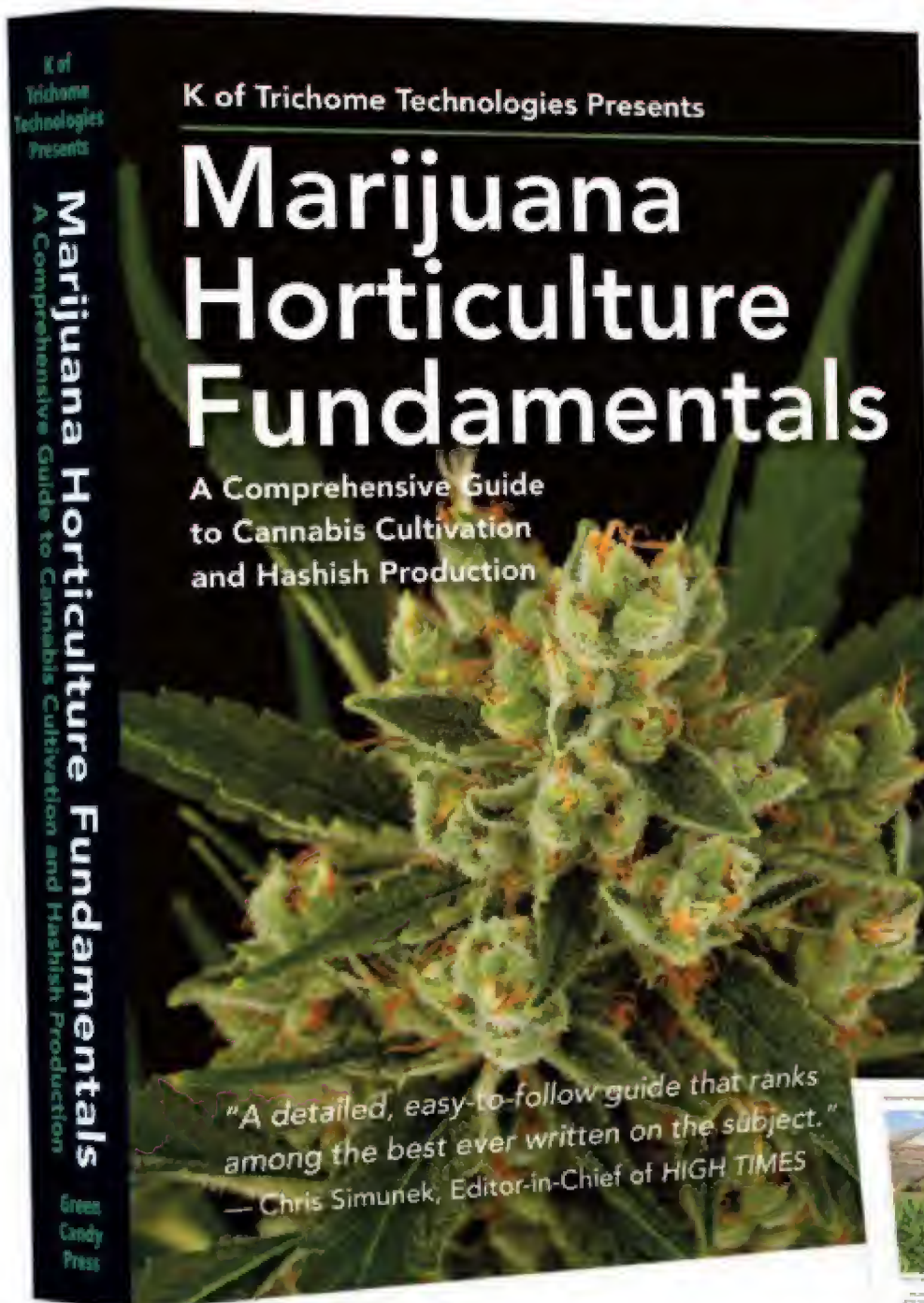
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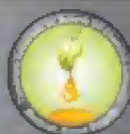
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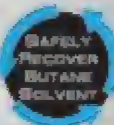


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BY PAUL KIRCHNER

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I WAS GONNA DO A ROPE-TWIRLING ACT ... HAD A NICE HEMP ROPE BUT I SMOKED IT.

HERE'S WHAT'S LEFT OF IT.

A REGULAR BOB HOPELESS, THIS GUY.

WHOA, THAT'S SOME SNAKE SMOKE. NO WORRIES AS LONG AS I CAN KEEP IT MOVING.

A LITTLE SOMETHING FOR THE GENTS IN THE AUDIENCE, EH?

BADA-BING!

AFTER A DEMONSTRATION OF TWIRLING MASTERY THAT WE DON'T HAVE ROOM TO SHOW HERE ...

THAT'S ENOUGH FOR NOW.

LATER.

I CAN'T BELIEVE I LOST TO THAT BIG-HEADED GUY DOING A CORNY JOHN WAYNE ROUTINE. "SPARK 'EM UP, PILGRIMS"—GIMME A BREAK!

--IN A PUFF OF SMOKE.

TIME TO DISAPPEAR--

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# Pot Shots

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## FLOWER OF THE MONTH

### PURP TERPS

 I researched and studied for roughly a decade before I was able to grow and now that I have the legal ability I get to try hands on. The picture I've included is of Chocolate Chunk and she's definitely my favorite. At 24 days flowering she has surprised me with how much frost she has and how much purple is showing, although it's hard to notice or tell under LEDs. *Nacho*





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**GROW OF THE MONTH**


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**CRITTER OF THE MONTH**


**CAT MAN DANK**

 I'm a fan of the magazine and look at the website often. I would like to send in this photo of my cat Mollz. I think he is a great candidate for the magazine. He enjoys the green just as much as we do! *Krysta*



**CLOSE UP OF THE MONTH**

**SO IT BEGINS**

 This is our AZ strain just getting started. Here's to a beautiful future! *Lil 2 Blue*

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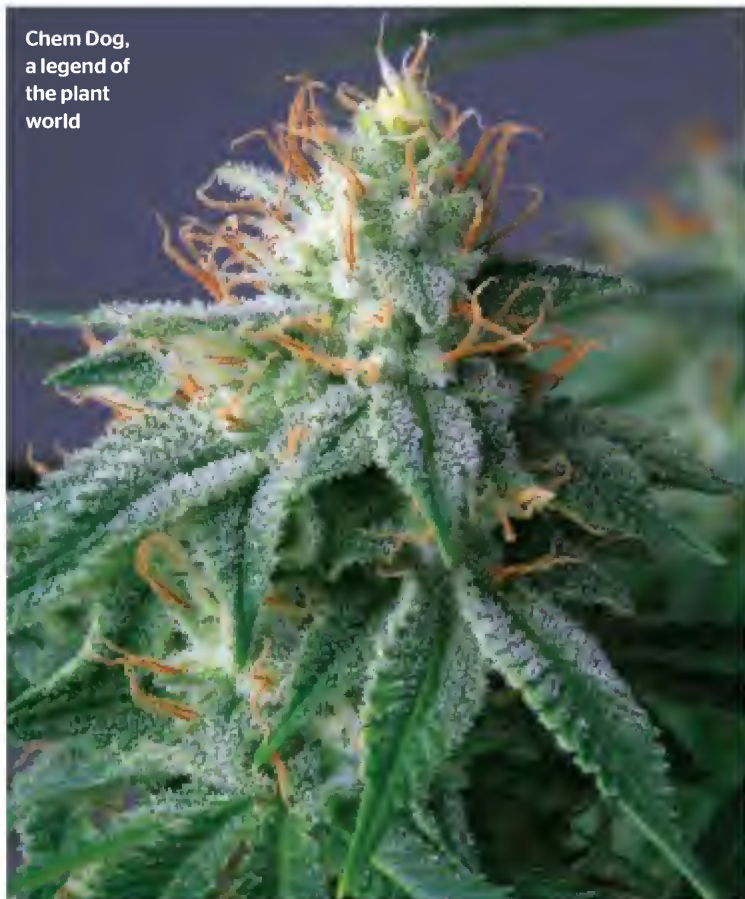
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Chem Dog, a legend of the plant world

## Chem Dog Turns 25

Cultivation editor Danny Danko separates the facts from the myths in this comprehensive guide to Chem Dog, “the strain that changed the game.”

## Pot Jobs 2016

The cannabis industry may have the perfect job for you—and not just in the garden. We explore the myriad career opportunities that are budding in the world of increasingly legal pot.

## Cannabis Cup Double Dip

In June, High Times held two Cannabis Cups—one in Michigan, the other in Northern California. With both states poised to legalize adult recreational use, we update the prospects and review the winners.

## The Case for Full-Spectrum Lighting

Giving your plants better-quality light is like feeding them a multivitamin every day! Cultivation editor-at-large Nico Escondido illuminates the best kind of lighting to use to boost your garden’s health.

## Rocky Mountain Mogul

Hard-charging Jake Salazar is the CEO of Denver-based MMJ America, considered by many to be the top dispensary chain in Colorado. Editor-in chief Dan Skye takes the MMJ America tour.

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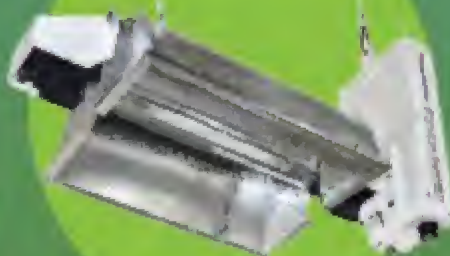
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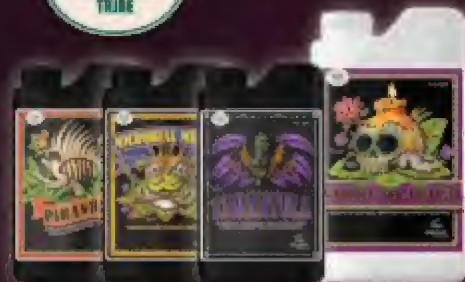


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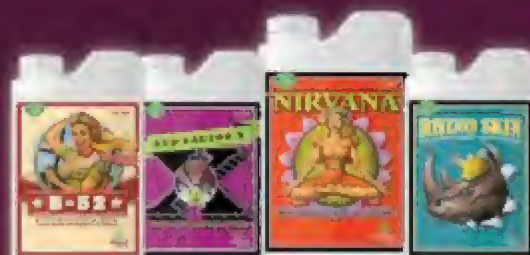


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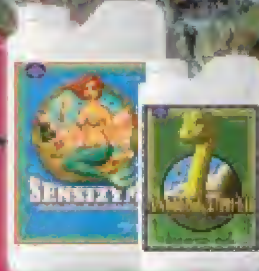
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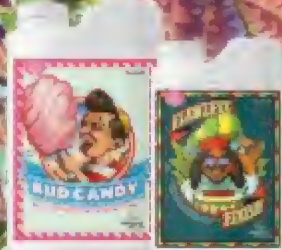
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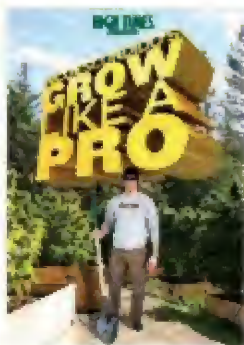
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## Featured Products



**HIGH TIMES Cultivation Editors' Combo Pack**  
Set includes Jorge Cervantes' *Ultimate Grow Box Set*, Nico Escondido's *Grow Like a Pro*, and Danny Danko's *Field Guide to Marijuana Strains*. An \$85 value for only **\$69.99!**



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Show your pot pride by sporting the same shirts worn by the legendary High Times Bonghitters Softball team. Sizes: S-XXL. **\$19.95**

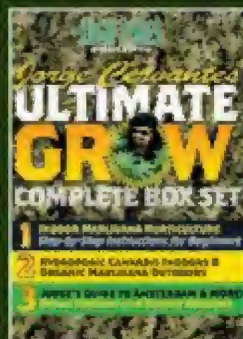


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The ONLY DVDs you NEED to grow great WEED! **\$34.99**

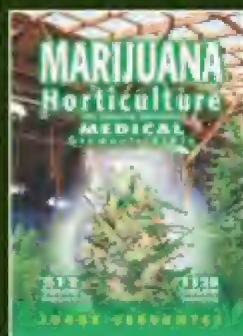


**Back Issues of HIGH TIMES**  
Lots of issues available! HIGH TIMES: **\$5.99**; Best Of HIGH TIMES: **\$6.99**; HIGH TIMES: Medical Marijuana: **\$5.99**

## Classics from master grower Jorge Cervantes



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The Fifth Edition of Jorge Cervantes' best-selling book, completely rewritten, updated and expanded! **\$29.95**

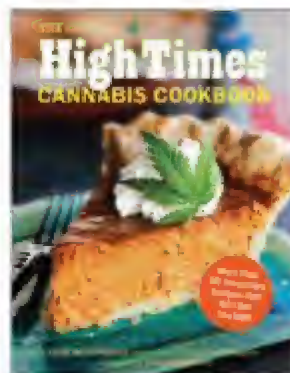


**Marijuana Grow Basics**  
This informative guide is packed with illustrations and photos of more than 150 affordable marijuana grow setups. **\$21.95**

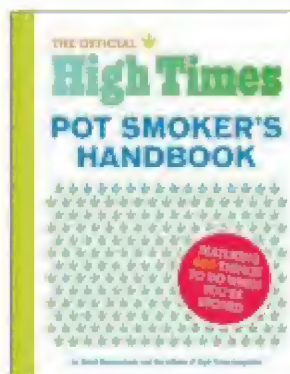
## High Times Books



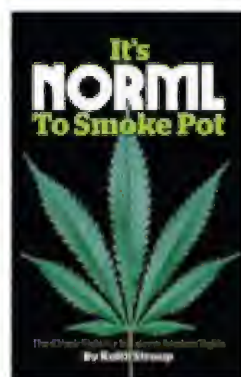
**The Official HIGH TIMES Field Guide to Marijuana Strains**  
By Danny Danko  
This cannabis compendium covers the world's top pot varieties—all meticulously researched and lovingly described in terms ranging from odors and flavors to potency levels and medicinal properties. **\$14.95**



**The Official HIGH TIMES Cannabis Cookbook**  
by Elise McDonough  
Go way beyond the brownie and master your munchies with over 50 recipes for stoner cuisine that will get you high—including recipes inspired by Cheech and Chong, Snoop Dogg and Willie Nelson. **\$19.95**



**The Official HIGH TIMES Pot Smoker's Handbook**  
by David Bienenstock  
This handbook rolls up all of our collected wisdom into one indispensable ganja guide. With a life-changing list of 420 things to do when you're stoned, this is truly the ultimate guide to green living. **\$19.95**



**It's NORML To Smoke Pot: The 40-Year Fight For Marijuana Smokers' Rights**  
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 250 West 57th Street, Suite 920  
 New York City, NY 10107

# ADVANCED NUTRIENTS PIONEERS MARIJUANA GROWING EDUCATION

Advanced Nutrients has recently launched **Grow Med University (GMU)**, a free, self-directed online hydroponics course that reveals the latest techniques, tips, tricks, and technology used by the most competitive marijuana growers in the world.

Step-by-step tutorial videos, white papers, efficacy reports, and informative scientific articles allow any grower with an Internet connection to hone their skills and help produce their best harvest yet, free of charge.

## Why Marijuana Growing Education Is a Top Priority for Advanced Nutrients

The medical marijuana industry is growing every minute. Legal marijuana is the fastest-growing industry in the U.S. and a slew of other businesses are jumping on the bandwagon as well. At present, 23 U.S. states allow medical-marijuana use, while 7 have legislation pending to issue licenses for it.

4 states and Washington, D.C. have legalized cannabis outright, while another California referendum in 2016 will allow recreational use in a state that was the first to permit medical marijuana use way back in 1996. It is estimated that medical marijuana is already a multibillion-dollar industry (without counting recreational sales).

While a great deal of information and misinformation appears daily on the Internet, novices and more advanced growers alike are always looking for a source of reliable information which can serve to improve their yields, both in terms of quality and quantity. A whole community of growers inhabit the growers' forums and are always looking to perfect their growing skills, without having to wade through hours and hours of irrelevant or misleading forum posts.

**GMU** is a bold step in a better direction, and by elevating the general level of education among growers, the quality of marijuana, especially as medicine, will skyrocket worldwide. This isn't just for connoisseurs. It's for children with epilepsy, as well as adults suffering from the effects of chemotherapy, chronic pain, and glaucoma. Thousands of YouTube videos help document the impressive results of therapeutic cannabis use.

**Grow Med University** is a course representing the cumulative experience of scores of the most competitive growing experts. From day one, it was envisioned as a community-driven resource, providing much needed knowledge to the medical-marijuana community. If you have a passion for hydroponics and growing marijuana to help patients get rid of illness and pain, then **Grow Med University** is for you.



## GROW MED UNIVERSITY

*Take your grow skills to the next level  
and join our community now:*

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**HIGHTIMES**

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- Zen x Tuna .... \$ 100
- Tuna .... \$ 100



INDICA \$150

Early Purple Kush



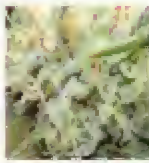
INDICA -SATIVA \$100

Purple Crown



SATIVA-INDICA \$50

Double Skunk X Skunk



INDICA \$50

Hindu Kush



INDICA -SATIVA \$80

OG X Thai



SATIVA \$100

Cambodian Haze



INDICA \$55

Chemo (UBC)



INDICA -SATIVA \$100

Grand Daddy Purple



SATIVA \$225

NH #21 X Oaxacan



INDICA \$80

AfPak



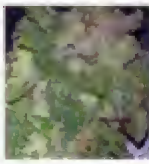
SATIVA-INDICA \$150

Col Kurtz Kush



SATIVA \$100

Willie Nelson X Diesel



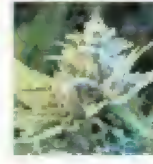
INDICA \$150

King



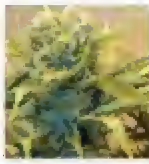
SATIVA-INDICA \$100

Diesel-NEW



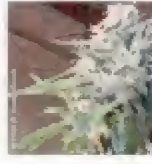
High CBD \$125

Jack H +CBD



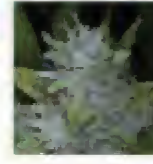
INDICA \$80

BubbleGum Indica



SATIVA-INDICA \$100

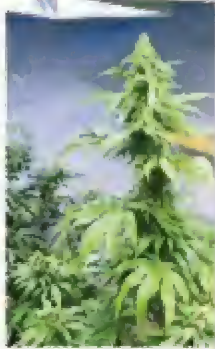
Diesel X Tuna



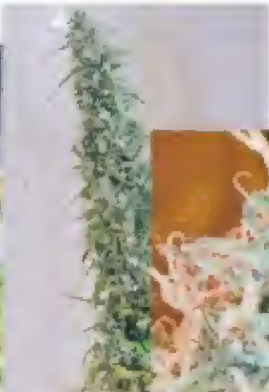
High CBD \$125

Pineapple Express +CBD

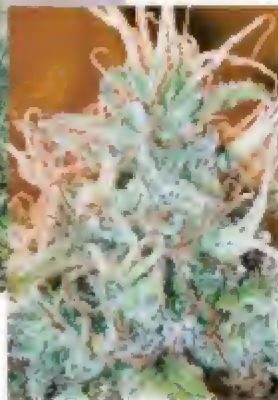
## GENUINE Reeferman Genetics™



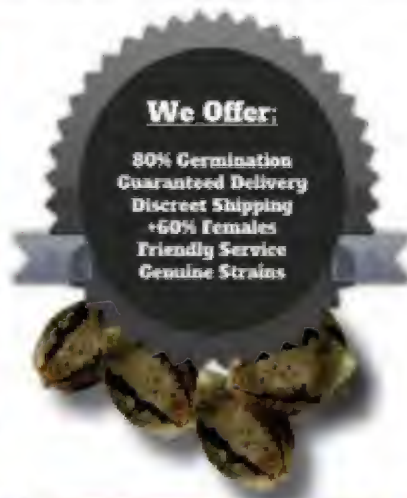
G13 AlphaDawg



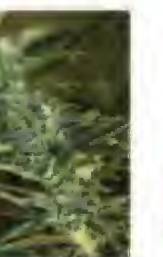
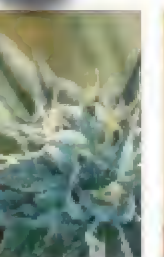
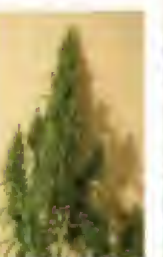
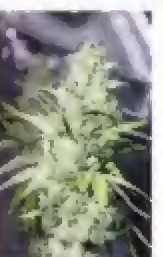
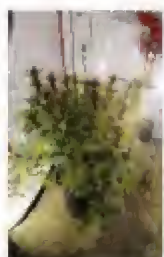
C99 X Tuna



Zen Hash Plant X Tuna



Bubba Kush X RockStar Kush



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Pineapple..... \$ call  
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Sour Diesel X C99 .... \$ 70.  
Orange Haze x C99 .... \$ 50.

Harmony x Nevilles Haze 21 .... \$ 225.  
BC Mango x nevil's Haze 21 .... \$ 225.  
Chemo .... \$ 55.  
Rockstar .... \$ 55.  
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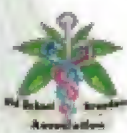
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